

Recreation Programs Winter 2013/14

CITY OF LAKE FOREST

Leisure Times

December, January, February

SnowFest!

January 25, 2014 See page 3





LEISURE TIMES INDEX

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Winter Resident Registration begins on November 12.
City Hall is closed on November 8 and November 11.

Community Services Winter Quarter CLOSED FRIDAY SCHEDULE

The Community Services Department will be closed on the following holidays: **(No classes will be held on these dates.)**

- December 25 (Christmas Day)
- January 1 (New Year's Day)
- January 20 (Martin Luther King, Jr. Day)
- February 17 (Presidents' Day)

During the months of December, January, and February, City Hall is closed on the following Fridays:

- December 6, 20
- January 3, 17, 31
- February 14, 28

For general questions regarding Community Services Programs on these days, visit the City website at www.lakeforestca.gov. You can also register for programs even on closed days. Visit our on-line registration at online.activecommunities.com/lfreconline.



Contact Information

Lake Forest Community Center
 25550 Commercentre Dr
 Lake Forest, CA 92630
 461-3450
www.lakeforestca.gov

Etnies Skatepark
 of Lake Forest 916-5870
www.etnieskateparkoflakeforest.com

Lake Forest Teens 461-3446
www.LFteens.com

Lake Forest Seniors 461-3408
www.lakeforestca.gov/seniors

IVC Emeritus
 Registration 451-5555

SVUSD
 Recreation 768-0981, press 3

Building Inspection 461-3470

City Clerk 461-3420

City Council 461-3420

City Manager's Office ... 461-3410

Community
 Policing Center 461-3548

Economic
 Development. 461-3567

Employment Hotline ... 461-3418

Fields Hotline 461-3595

Graffiti Hotline 461-3583

Planning 461-3491

Public Works. 461-3480

Recreation. 461-3450

Front Cover Photos: John McGuire



CITY SPECIAL EVENTS

Bunco or Bust

Calling all Bunco players! We're having some-kind-of-fun at Bunco or Bust! You don't need to know how to play BUNCO... we'll teach you! No skill is involved--just luck...lots of it! The only thing you need to know is how to roll dice. Before Bunco begins, enjoy yummy appetizers, non-alcoholic margaritas and beverages. Prizes will be given away...so what's stoppin' ya?

Fee: \$7 per person

Location: Lake Forest Community Center
(25550 Commercentre Dr)



To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3847	Adults/Seniors	Dec 6	Fri	7:00-9:30 pm
Act#: 3845	Adults/Seniors	Jan 24	Fri	7:00-9:30 pm



32nd Annual Victorian Christmas

Imagine you have been transported to the turn of the 20th Century, you hear the sound of carolers as you stroll through a historic village decorated in the holiday cheer of the era. Your children are making hand-dipped candles, and the smell of vanilla cookies hangs in the air as Mrs. Claus tells stories about life at the North Pole. Are you in a movie? No! You have simply arrived at Heritage Hill's Victorian Christmas! Costumed docents will be on hand to lead families through the old buildings of Orange County's past, decorated to celebrate the holidays. This family-oriented event provides the opportunity for the young and young-at-heart to churn butter, make historic crafts and play games. Most importantly, everyone has the opportunity to capture the magic of a Christmas past.

Fee: \$4 Adults/ \$3 Children (ages 3-12)

Location: Heritage Hill Historical Park (25151 Serrano Rd)

To Register: Pay at the door

For more info call: Heritage Hill Historical Park at 923-2230 or 923-2232

Families	Dec 7	Sat	11:00 am-3:00 pm
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North Pole Calling

As the holiday approaches, it signals the arrival of Santa Claus. What better way to celebrate than with a phone call from the jolly old man himself? If your little one would like to hear from Santa Claus, the City of Lake Forest will be happy to arrange it. Just fill out the North Pole Calling reservation form, which will be available online at lakeforestca.gov/community_events as of Monday, November 4th. Then turn it in by mail, fax, or walk your reservation in to make sure you get that special holiday call.

Fee: Free for Lake Forest residents

Reservation Deadline Date: **Wednesday, November 27**

Online Registration is not accepted for this program.

For more info or to receive a North Pole Calling reservation form call: The City of Lake Forest at 461-3450

Ages 3-8	Dec 3-5	Tue-Thu	6:30-8:30 pm
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(Ages 3-4 will be called on Tuesday, Ages 5-6 will be called on Wednesday, and Ages 7-8 will be called on Thursday)



Breakfast & Brunch With Santa

This popular annual event should be a part of every family's holiday traditions. Join Santa for a delicious home-style cooked breakfast and brunch complete with pancakes, scrambled eggs, sausage, juice, and milk. There will be holiday melodies, cookie decorating, and storytime with Santa to add to this wintertime magic. Be sure to invite your friends and family as Mrs. Claus and Santa's elves will be on hand to join the fun! Day of registration will not be accepted, so be sure to register early. Santa wants to see everyone!

Fee: \$6 per person

(children ages 3 and older must be registered)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3928 Families Seating 1	Dec 7	Sat	8:30-10:30 am
Act#: 3929 Families Seating 2	Dec 7	Sat	11:30 am-1:30 pm

WINTER 2013/14 EVENTS AT A GLANCE

DATE	TIME	EVENT	LOCATION	FEE
Tue., Dec. 3- Thu., Dec. 5	6:30-8:30 pm	 North Pole Calling	Lake Forest Community Center	Free for Lake Forest residents (pre-registration is required)
Sat., Dec. 7	11 am-3 pm	32nd Annual Victorian Christmas	Heritage Hill Historical Park	 \$4 adults/ \$3 children (ages 3-12)
Sat., Dec. 7	8:30-10:30 am, 11:30 am-1:30 pm	Breakfast and Brunch with Santa 	Lake Forest Community Center	\$6 per person (children 3 and older must be registered)
Fri., Dec. 13	7 -10 pm	 10th Anniversary Celebration ~ Etnies Skatepark 	Etnies Skatepark of Lake Forest	Free admission 
Sat., Dec. 14, Sun., Dec. 15	5:30-8:30 pm	 Candlelight Tour	Heritage Hill Historical Park	\$4 adults/\$3 children (ages 3-12)
Sat., Jan. 25	11am-4 pm	SnowFest 	Pittsford Park	\$5 per sledder (pre-registration is required); additional activities available for nominal fee

* For more info call 461-3450 or visit our website at www.lakeforestca.gov *

Bunny Blast : An Egg Wonderland!

**SAVE
THE DATE!**

Saturday, April 12, 2014

11 am- 3 pm

El Toro Park (23701 Los Alisos Blvd)

*More info in your Spring Leisure Times
at the end of January!*



Friday Night at the Movies

We're having "Movie Nights" at the Community Center. You know how expensive going to the movies can be! We're making going to the movies **AFFORDABLE!** Staff will serve corn dogs, popcorn, candy, and a beverage, and, in return, you can sit back and enjoy the show!

Featured Movie: The Butler (Rated PG 13)

Lee Daniels' *The Butler* tells the story of a White House butler who served eight American presidents over three decades. The film traces the dramatic changes that swept American society during this time, from the civil rights movement to Vietnam and beyond, and how those changes affected this man's life and family. Forest Whitaker stars as the butler with Robin Williams as Dwight Eisenhower, John Cusack as Richard Nixon, Alan Rickman as Ronald Reagan, James Marsden as John F. Kennedy, Liev Schreiber as Lyndon B. Johnson, and many more.

Fee: \$5 per person

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3848 Adults/Seniors Feb 7 Fri 6:30-9:30 pm*
*Movie begins at 7:00 pm



28th Annual Candlelight Tour

The twinkle of Candlelight dances in the moonlight as the sound of holiday carolers fills the air. Over 1000 luminaries are lit and placed along the walkways and doorways during this event. Children will delight as they tell Santa their last minute holiday wishes. Parents and friends will enjoy the sights of antique holiday decorations as costumed docents lead them through the history of old Orange County. Soak up the warmth of the holidays as storytellers spin tales in the old school house and let Heritage Hill's Candlelight Tour become one of your family's holiday traditions.

Fee: \$4 Adults/\$3 Children (ages 3-12)

Location: Heritage Hill Historical Park
(25151 Serrano Rd)

To Register: Pay at the door

For more info call: Heritage Hill Historical Park at 923-2230 or 923-2232

Families	Dec 14	Sat	5:30-8:30 pm
Families	Dec 15	Sun	5:30-8:30 pm



SnowFest

Saturday, January 25, 2014

Come be a part of this annual winter event and hit the snow laden slopes at Pittsford Park! Grab the kids, the camera, and your friends and come play in the snow at this special event. Sleds and saucers will be available for you and your family to slide down Mount Pittsford. There will also be a free snow play area for kids 5 and under open during the entire event. Check out additional attractions at the event and bring your camera for guest appearances from a galaxy far away. Food and drinks are available for a nominal fee. **Pre-registration is mandatory. Tickets are sold out by the time of the event.** Everyone who sleds down the hill must have a pre-purchased wristband. Children under five are required to ride with an adult.

Fee: \$5 per Sledder – **Cash only Presale** at the Lake Forest Community Center

Each participant must have a signed waiver form on file with the City.

Online registration is not accepted for this program

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Purchase tickets at Lake Forest Community Center (25550 Commercentre Dr) – PRESALE AND CASH ONLY

For more info call: The City of Lake Forest at 461-3450
Lake Forest Resident Registration Dates (proof of residency is required i.e. Driver's License or Utility Bill):

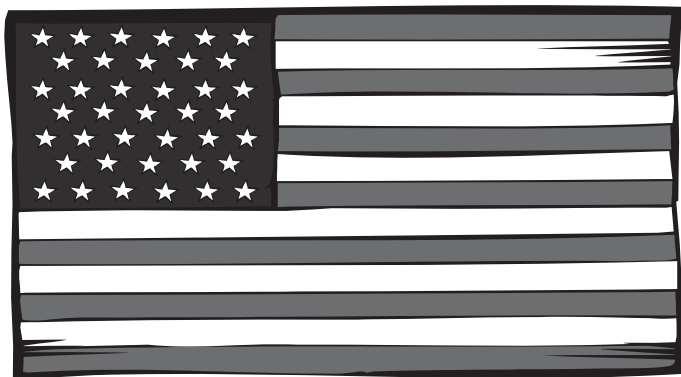
Lake Forest Residents Only	Wed	Jan 8	12:00-7:00 pm
Lake Forest Residents Only	Thu	Jan 9	12:00-7:00 pm

Non-Lake Forest Residents	Fri	Jan 10	12:00-7:00 pm
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Session 1	Families	Sat	Jan 25	11:00 am - 12:15 pm
Session 2	Families	Sat	Jan 25	12:45-2:00 pm
Session 3	Families	Sat	Jan 25	2:30-3:45 pm

* For wristband session availability and other information, log on to facebook.com/LakeForestEvents

** Rain date for this event is Saturday, February 1. Call the event hotline number at 461-3459 for rain date information.



Fourth of July Parade Committee

Would you like to try your hand at event planning? Have you ever wanted to be more involved in City events? The City of Lake Forest is looking for you! We're welcoming interested volunteers to help us plan the 23rd Annual Lake Forest Fourth of July Parade. This year's theme is "Life, Liberty, Lake Forest!" We would like for you to become a parade committee member!

Meeting Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info on the 4th of July Parade Committee call: Ron Rivera at 461-3457 or email rrivera@lakeforestca.gov.

Adults Feb 3 Mon 6:00 pm

Fourth of July Parade Logo Design Contest

The City of Lake Forest is looking for creative and patriotic designs for its 23rd Annual 4th of July Parade. This year's theme is "Life, Liberty, Lake Forest!" If you think you have a good idea and design, please send us a Hi Res Jpeg of your original artwork to enter the contest. The winner of the logo contest will have their logo featured on all the 4th of July Parade advertising and will also be invited to be a VIP entry in the parade.

Deadline for entries is February 27th by 5:00 pm.

For more info please contact Ron Rivera, Recreation Coordinator at 461-3457 or email rrivera@lakeforestca.gov.



*The 2013 4th of July Parade Logo
designed by Susan Brown Matsumoto*

***Be sure to pre-register for our classes
and programs. For more info see page 31.***

YOUTH



Holiday Hoopla Winter Break Camp

This annual holiday party just got bigger and better than ever with two weeks of winter fun, so let's get the party started! Boys and girls are invited to join us for fun and excursions beginning Monday, December 23rd. The first week, we will go to Pump It Up, Discovery Science Center, and Mainplace Theaters. The following week, we will go to Pump It Up and Knott's Merry Farm. The camp will have an 8 to 1 camper to counselor ratio.

Camp Counselors: City Staff

Fee: \$80.00 per child-Resident
\$85.00 per child-Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-in, Walk-in

For more info call: The City of Lake Forest at 461-3450

Act#: 3930 8-11 yrs Dec 23, 26, 27 Mon, Th-Fri 8:00 am-6:00 pm

Act#: 3931 8-11 yrs Dec 30, Jan 2 & 3 Mon, Th-Fri 8:00 am-6:00 pm

Kids' Factory - SVUSD

Kids' Factory is a FREE drop-in program sponsored by the City of Lake Forest and is designed for elementary school children grades K-6. This program offers recreational activities and is not considered an accredited child care program. All activities include: crafts, sports and games which are held outdoors and are subject to cancellation due to unfavorable weather conditions. If weather conditions are questionable, you can check on the status of Kids' Factory sites by calling the Weather Hotline, 460-2735, after 11 am.

Instructor: SVUSD Staff

Fee: FREE!

Locations: Foothill, Gates, Lake Forest, La Madera,
Olivewood, Portola, Rancho Canada, Santiago

To Register: On-site registration by a parent or legal guardian is required.

For more info call: SVUSD at 768-0981, press 3

Grades K-6 Sep 16-Jun 20 Mon-Fri
Times vary depending on school dismissal.

RECREATION CLASSES

Preschool Programs

A White Winter Party!



Come celebrate all the things you love about a white winter- snowmen, snowflakes, and snow! This party will feature songs, games, storytime, and snacks- all based on a white winter! There is fun for everyone! Parent participation is required.

Instructor: City Staff

Fee: \$10 per person – Resident
\$15 per person – Non-Resident
(1-day workshop)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3934 2-5 yrs Dec 13 Fri 10:00-11:00 am

A Game of Candyland!



Cupcakes, candy, and lollipops galore- we have a sweet party in store! Join us for some fun and play a game of Candyland! This four week class will feature Lollipop Princesses, Candy Canes, Ginger Bread, and Sugar Plums! Kids will enjoy singing songs, playing games, arts and crafts, and snack time! Parent participation is required.

Instructor: City Staff

Fee: \$30 per person – Resident
\$35 per person – Non-Resident
(4-week class)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3935 2-5 yrs Jan 10-31 Fri 10:00-11:00 am



Winter Registration Dates:

Tuesday, November 12 (Lake Forest Residents)*

Tuesday, November 19 (Non-Residents)

***Please note: We are closed on Friday,
November 8 and Monday, November 11**

Hearts and Teddy Bears Valentine's Day Party!



A Teddy Bear Valentine's Day party is what's in store! Come play some games, sing songs, and much more! Come dressed in your favorite Valentine's Day colors to make this party the very best! Oh, and don't forget- your favorite bear is a welcome guest! Parent participation is required.

Instructor: City Staff

Fee: \$10 per person – Resident
\$15 per person – Non-Resident
(1-day workshop)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3936 2-5 yrs Feb 14 Fri 10:00-11:00 am



Hollywood Lights, Camera, Action Party!



Hollywood is coming to Lake Forest! Bring all the little stars to the City of Lake Forest's Hollywood Preschool Party and be famous for a day! Walk down the red carpet to a room full of fun games, songs, crafts, and a snack fit for a star! Make sure to dress up in your best Hollywood attire! Parent participation is required for this class.

Instructor: City Staff

Fee: \$10 per person – Resident
\$15 per person – Non-Resident
(1-day workshop)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3937 2-5 yrs Feb 21 Fri 10:00-11:00 am

Youth

Zumbini™



Designed for mom, dad or caregiver and your little one(s) to wiggle, sing and learn together. The Zumbini™ program is where the science of child development, movement, instrument play, world rhythms and catchy kid-friendly tunes meets the magic of Zumba® in the ultimate bonding experience! Each family will receive a brand new Zumbini™ bundle containing a songbook and 2 CD copies of the class music so you can take the experience wherever you go!

Instructor: Raelyn Brachmann

Fee: \$140 per Parent and Child Couple – Resident
\$145 per Parent and Child Couple – Non-Resident
(8-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3939 6 mos-3 yrs Jan 7-Feb 25 Tue 10:00-10:45 am

Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 5 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun. **Free demo class on Friday, January 3 at 4:30 pm, please RSVP 350-0985.**



Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$145 – Resident
\$150 – Non-Resident
(10-week session)

Babies under the age of 8 months free with registered sibling.

Materials Fee: A required \$40 fee which includes 2 CDs, parent guide and songbook, is due to instructor during first class meeting.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3839 9 mos-5 yrs Jan 6-Mar 31* Mon 4:30-5:15 pm

Act#: 3840 9 mos-5 yrs Jan 10-Mar 21** Fri 11:30 am-12:15 pm

*No class 1/20, 2/17 & 3/10

**No class 3/14

Pee Wee Gymnastics

This is an introduction to gymnastics for 1 to 6 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault along with a 30 foot long trampoline. Participants will increase confidence and coordination along with developing listening skills, taking turns, and following coaching instructions. Most importantly, everyone will have fun! This class also includes FREE open play for anyone signed up in our gymnastics program. Open play is every Thursday 1:00-2:00 pm.

Instructor: Us Too Center Staff

Fee: \$45 – Resident
\$50 – Non-resident
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3842	1-2 yrs*	Nov 25-Dec 16	Mon	10:00-10:45 am
Act#: 3843	1-2 yrs*	Jan 4-25	Sat	9:00-9:45 am
Act#: 3844	1-2 yrs*	Jan 6-27	Mon	10:00-10:45 am
Act#: 3858	3-4 yrs	Nov 25-Dec 16	Mon	11:00-11:45 am
Act#: 3859	3-4 yrs	Jan 6-27	Mon	11:00-11:45 am
Act#: 3860	5-6 yrs	Nov 25-Dec 16	Mon	1:00-1:45 pm
Act#: 3861	5-6 yrs	Nov 25-Dec 16	Mon	5:00-5:45 pm
Act#: 3862	5-6 yrs	Jan 6-27	Mon	1:00-1:45 pm
Act#: 3863	5-6 yrs	Jan 6-27	Mon	5:00-5:45 pm
Act#: 3864	4-6 yrs	Jan 8-29	Wed	12:00-12:45 pm

* Mommy & Me classes: parent participation required

Intro to Movement & Dance



Play, learn, cultivate movement, socialization, motor and listening skills while getting the wiggles out in this imaginative class. Children and parents participate in creative movement activities that include various props, pretend play through dance, move to nursery songs and dance with parachutes and bubbles. This fun course is suitable for both boys and girls. Parent participation required. *Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. Visit www.ocdanceproductions.com for more information.

Instructor: OC Dance Productions staff

Fee: \$59 per Parent and Child Couple – Resident
\$64 per Parent and Child Couple – Non-Resident
(5-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3891 1½-3 yrs Jan 13-Feb 24 Mon 9:00-9:45 am

*No class 1/20 & 2/17

WINTER REGISTRATION DATES:

Tuesday, November 12 (Lake Forest Residents)*

Tuesday, November 19 (Non-Residents)

*Please note: We are closed on Friday, November 8 and Monday, November 11

Parent & Me Princess Ballet & Creative Movement

Your little princess will enter a world of magic and imagination, dancing to their favorite tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology fairy tale imagery. Participants will also improve motor, directional and listening skills while engaging in creative movement with bubbles, parachutes, magic wands and more. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive a certificate of achievement. *Optional holiday recital in spring (nominal costume fee). Ballet shoes required. Visit www.ocdanceproductions.com for recommended attire and more info.

Instructor: OC Dance Production Staff

Fee: \$59 per Parent and Child Couple – Resident
\$64 per Parent and Child Couple – Non-Resident
(5-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3892 1½-3 yrs Jan 13-Feb 24 Mon 11:00-11:45 am

***No class 1/20 & 2/17**

TriFytt Sports: Parent and Me Soccer

This class is a great chance for parents to interact with their young ones while learning the basics of soccer with our TriFytt Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFytt Sports Staff

Fee: \$59 per Parent and Child couple – Resident
\$64 per Parent and Child couple – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3872 2-3 yrs Jan 24-Feb 28 Fri 3:30-4:00 pm

*Don't know what
to get those special people
on your holiday list?
Recreation classes
make great gifts!*



TriFytt Sports: Tee-Ball Skillz Clinic

This is a great chance for beginning and advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$59 per participant – Resident
\$64 per participant – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3873 2-3 yrs Jan 21-Feb 25 Tue 3:30-4:00 pm

Act#: 3874 3-5 yrs Jan 21-Feb 25 Tue 4:00-4:45 pm

TriFytt Sports: Parent and Me Multi-Sport

This class is a great chance for parents to interact with their young ones while learning the basics of soccer, tee-ball and basketball with our TriFytt Sports staff. Drills, games and activities will all focus on the motor skills required to play these great sports in a noncompetitive, safe atmosphere. Youngsters will learn the fundamentals of soccer and will experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFytt Sports Staff

Fee: \$55 per Parent and Child couple – Resident
\$60 per Parent and Child couple – Non-Resident
(4-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)



To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3876 2-3 yrs Jan 25-Feb 22 Sat 10:00-10:30 am

Do, Re, Mi Piano & Music

This music and piano class encourages child development through the beauty of music. Children will experience the sounds and rhythms of music through instrument play, piano/keyboard fingering, playing simple tunes, singing do, re, mi music notation and songs, rhythm and melodic patterns, props, puppets and creative movement.

Instructor: Sophi Albert

Fee: \$97 – Resident
\$102 – Non-Resident
(6-week session)

Materials Fee: An additional material fee of \$15 due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3879 2-4 yrs Jan 7-Feb 11 Tue 9:30-10:10 am

Princess Ballet & Creative Movement

Your little one will enter a world of magic and imagination, dancing to their favorite tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology and imagery. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. Ballet shoes required. Visit www.ocdanceproductions.com for recommended attire and more info.

Instructor: OC Dance Productions staff

Fee: \$59 – Resident
\$64 – Non-Resident
(5-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3890 3-5 yrs Jan 13-Feb 24* Mon 10:00-10:45 am
***No class 1/20 & 2/17**

Positive Energy Tap & Ballet Class



This class is ideal for younger dancers to gain a foundation in both tap and ballet in a fun and supportive environment. Learn to dance while having fun and developing fitness, rhythm and confidence. If your child loves music, moving and expressing themselves, this ballet and tap combination class is a perfect match.

Instructor: Positive Energy Staff

Fee: \$75 – Resident
\$80 – Non-Resident
(5-week session)

Location: Positive Energy Dance Studio (22600-C Lambert St)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3886 3-4 yrs Jan 11-Feb 8 Sat 10:00-10:45 am
Act#: 3887 5-6 yrs Jan 11-Feb 8 Sat 11:00-11:45 am

Age Minimum And Maximum

When registering for programs online, if your child is under the minimum or over the maximum age for a particular program, you will not be able to register them. In some cases, an instructor will allow those interested in participating who are close to the age minimum and maximum to register. However, this is at the discretion of the instructor and we cannot guarantee registration will be permitted. Call us at (949) 461-3450 during normal business hours if you want to discuss adding your child to a class.

Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant – Non-Resident
(8-week session)

Materials Fee: A \$10 T-shirt fee (uniform) payable to the instructor first day of class.

Location: Monday classes – Pittsford Park
(21701 Pittsford Dr)
Wednesday classes – Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3880	3-5 yrs	Jan 6-Mar 10*	Mon	3:30-4:30 pm
Act#: 3881	6-7 yrs	Jan 6-Mar 10*	Mon	4:30-5:30 pm
Act#: 3882	8-12 yrs	Jan 6-Mar 10*	Mon	5:30-6:30 pm
Act#: 3883	3-5 yrs	Jan 8-Feb 26	Wed	3:30-4:30 pm
Act#: 3884	6-7 yrs	Jan 8-Feb 26	Wed	4:30-5:30 pm
Act#: 3885	8-12 yrs	Jan 8-Feb 26	Wed	5:30-6:30 pm

***No class 1/20 & 2/17**

TriFytt Sports: Soccer Skillz Clinic

This is a great chance for beginning and advanced soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$59 per participant – Resident
\$64 per participant – Non-Resident
(6-week session)



Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3875 3-5 yrs Jan 24-Feb 28 Fri 4:00-4:45 pm



TriFyft Sports: Multi-Sport Skillz Clinic

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFyft Sports Staff

Fee: \$55 per participant – Resident
\$60 per participant – Non-Resident
(4-week session)



Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3877 3-4 yrs Jan 25-Feb 22* Sat 9:00-9:45 am

Act#: 3878 5-7 yrs Jan 25-Feb 22* Sat 10:30-11:15 am

***No class 2/15**

Parent & Me Art Time

Explore a variety of art materials and fire up your child's imagination! Hands-on projects may include: painting, drawing, printmaking, clay sculptures and much more! Come enjoy a special and creative time shared between you and your little artist. All materials and aprons will be provided and parent participation is required. An additional \$20 material fee is due to the instructor first class meeting.

Instructor: My Art Studio – Lucia Henry

Fee: \$65 – Resident
\$70 – Non-Resident
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor at first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3894 3-5 yrs Feb 19-Mar 19 Wed 2:30-3:15 pm

Mine, Craft, Build Workshop



Design your own Minecraft world, and bring it to life in LEGO®! This is an original game designed by Play-Well instructors, which combines the basic gameplay & characters of Minecraft with all the color & versatility of LEGO building materials. Cooperation and creativity come together to create an absolutely unique building adventure in each class!

Instructor: Play-Well Teknologies Staff

Fee: \$29 – Resident
\$34 – Non-Resident
(1-day workshop)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3941 5-12 yrs Nov 25 Mon 9:00 am-12:00 pm

Ninjaneering with LEGO® Workshop



Enter the world of Ninjago and become an apprentice Ninja-ner! Learn the way of Spinjitzu, build the Fire Temple, race Skull Trucks, and encounter the mighty Dragon! Imagine and build unique and fun projects while exploring the fantasy world of Ninjago.

Instructor: Play-Well Teknologies Staff

Fee: \$29 – Resident
\$34 – Non-Resident
(1-day workshop)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3942 5-12 yrs Nov 27 Wed 9:00 am-12:00 pm

Winter Wonderland Workshop



In this workshop we will apply engineering, architecture, creativity and fun to create a magical Winter Wonderland! Build motorized contraptions like snowmobiles, gondolas and more. We will build a hilltop village complete with slopes for our LEGO skiers and sledders, and even holiday lighting.

Instructor: Play-Well Teknologies Staff

Fee: \$29 – Resident
\$34 – Non-Resident
(1-day workshop)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3943 5-12 yrs Dec 23 Mon 9:00 am-12:00 pm



Ceramic Creations

Have a blast learning how to turn clay into wonderful creatures and other fun projects. We will hand build the pieces as we learn techniques such as coiling, scoring, slab construction and more. We will decorate the pieces with under glazes (special paint for wet clay.) Different projects will take place each day. All pieces will be glazed and fired and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$75 – Resident
\$80 – Non-Resident
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor at first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3895 6-12 yrs Feb 19-Mar 19 Wed 3:30-4:45 pm

Youth Gymnastics

This is an introduction to gymnastics for 7-12 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault along with a 30 foot long trampoline. Participants will learn cartwheels, round offs, back handsprings and much more. Most of all everyone will have fun!!!! This class also includes **FREE open play** for anyone signed up in our gymnastics program. Open play is every Thursday 1-2 pm.

Instructor: Us Too Center Staff

Fee: \$45 – Resident
\$50 – Non-resident
(4-week sessions)

Location: Us Too Center (25 Spectrum Pointe Dr #405)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3865	6-8 yrs	Jan 2-23	Thu	5:45-6:30 pm
Act#: 3866	9-12 yrs	Jan 2-23	Thu	5:00-5:45 pm
Act#: 3867	9-12 yrs	Jan 2-23	Thu	6:30-7:15 pm
Act#: 3868	6-8 yrs	Jan 30-Feb 20	Thu	5:45-6:30 pm
Act#: 3869	9-12 yrs	Jan 30-Feb 20	Thu	5:00-5:45 pm
Act#: 3870	9-12 yrs	Jan 30-Feb 20	Thu	6:30-7:15 pm

ZumbAtomic – Zumba® Kids



Boys and Girls will keep active with the Zumba® Kids program. It is the ultimate dance-fitness party for young Zumba fans ages 7-12, where you can play it loud and rock with friends to your own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! Our certified instructor will teach you Hip Hop, Salsa, Reggaton, and other crazy-cool Dance-Fitness moves.

Instructor: Raelyn Brachmann

Fee: \$60 – Resident
\$65 – Non-Resident
(8-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3940 7-12 yrs Jan 7-Feb 25 Tue 4:00-5:00 pm

Animation Creators: Computer Animation



Young animators learn computer software techniques to create digitally animated characters and stories. Students take their characters through original and fun adventures while learning fundamental computer animation. In this class, participants will learn skills that help with computer drawing, character skeleton and movement, frame layering, and dialogue matching. In small groups of two or three, students will focus on learning introductory computer animation techniques and will create original characters and a fun short animated adventure.

Instructor: Freshi Media Staff

Fee: \$110 – Resident
\$115 – Non-Resident
(6-week session)

Material Fee: An additional \$10 material fee is due to instructor at the first class meeting.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3944 7-12 yrs Jan 23-Feb 27 Thu 3:30-5:00 pm

Game Design: Beginning to Advanced



Improve your skills and impress with your own unique video game! Advanced gamers learn new game design techniques including multiple character animations and movement options, platform style games and multiple game genres. Beginners work in pairs and are introduced to fundamental game design elements, including character creation, background design and building a complete video game level. All students will have a completed game by the end of class.

Instructor: Freshi Media Staff

Fee: \$110 – Resident
\$115 – Non-Resident
(6-week session)

Material Fee: An additional \$10 material fee is due to instructor at the first class meeting.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3946 7-12 yrs Jan 29-Mar 5 Wed 3:30-5:00 pm

**Did you know you can
register for classes
and programs 24/7?**



Our online registration is ready when you are! Whether you are an early bird or a night owl, you can sign up for your favorite classes when it's most convenient for you. Visit online. activecommunities.com/lfreonline and you'll be on your way!

Winter Registration Dates:

Tuesday, November 12 (Lake Forest Residents)*

Tuesday, November 19 (Non-Residents)

***Please note: We are closed on Friday,
November 8 and Monday, November 11**

Multimedia Creators: Comic Book Adventure



Designed for students who enjoy comic book heroes and epic adventures! This class allows kids to create their own digital comic book and create their own heroes, villains and adventures. Students work with comic life software to create their own original comic book adventure. When class is finished students will have a completed short comic to share with family and friends!

Instructor: Freshi Media Staff

Fee: \$110 – Resident
\$115 – Non-Resident
(6-week session)

Material Fee: An additional \$10 material fee is due to instructor the first class meeting.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3945 7-12 yrs Feb 4-Mar 11 Tue 3:30-5:00 pm

Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman

Fee: \$89 – Resident
\$94 – Non-Resident
(5-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3896 10 yrs-Adult Jan 13-Feb 24* Mon 6:30-7:30 pm

Act#: 3897 10 yrs-Adult Feb 19-Mar 19 Wed 7:30-8:30 pm

***No class 1/20 & 2/17**

Intermediate Guitar

Our intermediate class is designed to expand on beginning knowledge and give musicians the tools to take their abilities to the next level! If you have a basic understanding of the guitar but want to learn more, this is the perfect class for you! Students must bring their own guitar and tuner.

Instructor: Ron Gorman

Fee: \$89 – Resident
\$94 – Non-Resident
(5-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3898 10 yrs-Adult Jan 13-Feb 24* Mon 7:30-8:30 pm

***No class 1/20 & 2/17**

Basic First Aid

This American Safety and Health Institute (ASHI) course meets OSHA requirements and is EMSA-approved for daycare providers. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for two years. **Participants should bring a self-addressed stamped envelope.** Please note: This is not a Health Care Provider level course.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: Free – Resident
\$5 – Non-Resident

(Pre-registration is required for this course and space is limited)

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3900 10-Adult Feb 8 Sat 3:00-5:00 pm

CPR: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course meets the requirements of OSHA and is EMSA approved for daycare providers. This course covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will receive a certification card which is valid for 2 years. **Participants should bring a self-addressed stamped envelope.** Please Note: This is not a Healthcare Provider level course. (Pre-registration is required for this course and space is limited.)

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33 – Non-Resident
(one-time workshop)

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3899 10-Adult Feb 8 Sat 12:30-3:00 pm

*Don't know what
to get those special people
on your holiday list?
Recreation classes
make great gifts!*



Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33-Non-Resident
(one-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

Location: Lake Forest Community Center (25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3901 10-Adult Feb 8 Sat 10:00 am-5:00 pm

Positive Energy Dance for Tweens and Teens

This is the perfect class for the older student who wants to learn to dance, but never had the chance. This class will provide a basic introduction to Jazz, Lyrical and Hip Hop. No experience is necessary. Students will learn basic jazz technique, fun hip hop moves and discover if dance is one of their passions.

Instructor: Positive Energy Staff

Fee: \$75 – Resident
\$80 – Non-Resident
(5-week session)

Location: Positive Energy Dance Studio (22600-C Lambert St)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3888 11-15 yrs Jan 9-Feb 6 Thu 6:00-6:50 pm

Adult

Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. The beginning class will work on the basics, such as: technique, footwork and rules of the game. The intermediate class will focus on: stroke production, tennis drills and match play. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant – Non-Resident
(8-week session)

Location: El Toro Park Tennis Courts (23701 Los Alisos Blvd)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3902 16 yrs and up Jan 11-Mar 1 Beg Sat 9:00-10:00 am

Act#: 3903 16 yrs and up Jan 11-Mar 1 Int Sat 10:00-11:00 am

Get Golf Ready



Come learn how to take your golf game to the next level from the instructors at the Lake Forest Golf and Practice Center. Whether you're a beginner or just looking to shave a few strokes off of your game, this course will help get you there! Enrollment includes: fundamentals on the full swing, chipping, pitching, sand play, putting and on course instruction. Take advantage of this incredible offer!

Instructor: Lake Forest Golf and Practice Center Staff

Fee: \$129 – Resident
\$134 – Non-Resident
(4-week session)

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3947	18 yrs and up	Dec 2-23	Mon	5:00-6:00 pm
Act#: 3948	18 yrs and up	Dec 7-28	Sat	1:00-2:00 pm
Act#: 3949	18 yrs and up	Dec 8-29	Sun	2:00-3:00 pm
Act#: 3950	18 yrs and up	Dec 12-Jan 2	Thu	5:00-6:00 pm
Act#: 3951	18 yrs and up	Dec 21-Jan 11	Sat	12:00-1:00 pm
Act#: 3952	18 yrs and up	Dec 23-Jan 13	Mon	6:30-7:30 pm
Act#: 3953	18 yrs and up	Jan 3-24	Fri	6:00-7:00 pm
Act#: 3954	18 yrs and up	Jan 6-27	Mon	6:00-7:00 pm
Act#: 3955	18 yrs and up	Jan 11-Feb 1	Sat	1:00-2:00 pm
Act#: 3956	18 yrs and up	Jan 12-Feb 9*	Sun	2:00-3:00 pm
Act#: 3957	18 yrs and up	Jan 16-Feb 6	Thu	5:30-6:30 pm
Act#: 3958	18 yrs and up	Jan 25-Feb 15	Sat	2:30-3:30 pm

***No class 1/26**

Zumba®



Zumba is one of the most unique, fun, and beneficial exercise programs to have blessed the fitness market for its diversity and level of fun! There are numerous different styles of Latin dances mixed in (Salsa, Merengue, Cumbia, Reggaeton, etc), and the beautiful part of this class is that you don't have to be a dancer or professional, period. Zumba Fusion allows anyone and everyone to have fun while dancing and exercising, and at the same time learning different styles of movement to amazing music. You can't beat that! Classes begin January 15!

Instructor: OC Zumba Fitness Staff

Fee: \$54 – Resident
\$59 – Non-Resident
(6-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Mail-In or Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 3972 18 & up Jan 15-Feb 19 Wed 5:30-6:30 pm

***We do not pro-rate any of our classes.
Late registrants will be expected to pay
full price for the course.***

Vinyasa Flow Yoga

In Vinyasa Flow, participants will explore the physical benefits of yoga. The class will also expose participants to the relaxation and meditative side of this progressive form of yoga. **A free demo class is available on Sunday, December 1 at 1:00 pm and Wednesday, January 8 at 7:00 pm. Please RSVP to devanntheyogagoddess@gmail.com as space is limited!**

Instructor: Devann Sheuerman

Fee: \$72 – Resident
\$77 – Non-Resident
(6-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3969	18 & up	Dec 8-Jan 12	Sun	1:00-2:00 pm
Act#: 3970	18 & up	Jan 15-Feb 19	Wed	7:00-8:00 pm
Act#: 3971	18 & up	Jan 19-Feb 23	Sun	1:00-2:00 pm

Cardio Yoga Booty Ballet

From the Hollywood studio, Swerve, burn calories and sweat while enjoying cardio dance and toning exercises used by dancers. This dance workout is a fun, motivating way to get a great workout burning calories and fat through the hybrid of cardio and muscle fatigue. Participants learn basic cardio dance movements that are easy to follow, tone entire body with ballet & pilates movements and then strengthen and lengthen with a hybrid of hatha yoga. Class is perfect for those that crave the balance of cardio but want to tone, burn and then conclude with relaxing yoga. Taught by former NFL cheerleader, dancer, and fitness instructor, Kim Esmond. Participants need to bring yoga mat, water and a 2 lb. weight. For more information on Orange County Dance Productions and Yoga Booty Ballet please visit OCDanceProductions.com.

Instructor: OC Dance Productions Staff

Fee: \$60 – Resident
\$65 – Non-Resident
(5-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3893	18 & up	Jan 13-Feb 24*	Mon	6:30-7:30 pm
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***No class 1/20 & 2/17**

Zumba Gold

Zumba Gold is a low impact fitness program that utilizes combinations of exciting and motivating Latin and International rhythms to tone and strengthen the body. The program is designed for active older adults, the true beginner or anyone interested in a low impact program that is effective and easy to follow. **These classes are ongoing and class packages are provided with registration.**

Instructor: Angie Velez

Fee: **Act#: 3904** One-Time \$8 – Resident
\$13 – Non-Resident

Act#: 3905 5-class package \$40 – Resident
\$45 – Non-Resident

Act#: 3906 10-class package \$72 – Resident
\$77 – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Mail-In or Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

18 & up	Ongoing	Sat	10:00-11:00 am
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Zumba Gold Sentao



Sentao is a chair based choreography designed to strengthen, balance, stabilize the core and provide a great cardio work out in a whole new way. Don't let the "chair" fool you, this is not considered a chair exercise class. The chair is used as a tool in the work out to give support and enhance the movements. Utilizing the same international rhythms we do standing up in ZUMBA GOLD, we shake and shimmy and work the chair in a way that will keep participants on the edge of their seat!

Instructor: Angie Velez

Fee: **Act#: 3907** One-Time \$8 – Resident
\$13 – Non-Resident

Act#: 3908 5-class package \$40 – Resident
\$45 – Non-Resident

Act#: 3909 10-class package \$72 – Resident
\$77 – Non-Resident

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Mail-In or Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

18 & up	Ongoing	Tue	8:00-9:00 am
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*Don't know what
to get those special people
on your holiday list?
Recreation classes
make great gifts!*



**Want more info on how to register
for programs
online?**



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

online.activecommunities.com/lfreonline

Ballet Fitness



It's always the right time to dance! If you love ballet or have always wanted to try it, now is the time. Improve flexibility, gain muscle tone and get a great workout!

Instructor: Positive Energy Dance Studio Staff

Fee: \$50 – Resident
\$55 – Non-Resident
(5-week session)

Location: Positive Energy Dance Studio (22600-C Lambert St)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3889 18 & up Jan 8-Feb 5 Wed 6:00-7:00 pm

Corrective Exercise Class



The modern world has left our bodies out of balance with a host of aches and pains resulting from lack of proper movement, poor posture, and other dysfunctions. The seated workplace, satellite TV, cell phones and other modern conveniences, have strained our human form which is ideally aligned to handle the challenges it faces on a daily basis. Come learn the proper corrective techniques of faulty posture and eliminate current orthopedic dysfunction by focusing on SMR (Foam Rolling), flexibility, balance, and strengthening. This course will improve strength and endurance and leave you feeling revitalized.

Instructor: Jobi Morrison

Fee: \$75 – Resident
\$80 – Non-Resident
(6-week session)

Location: Fitness Comes First (23161 Lake Center Drive #125)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3965 18 & up Jan 7-Feb 11 Tue 12:30-1:30 pm
Act#: 3966 18 & up Jan 8-Feb 12 Wed 4:00-5:00 pm
Act#: 3967 18 & up Jan 9-Feb 13 Thu 12:30-1:30 pm
Act#: 3968 18 & up Jan 11-Feb 15 Sat 11:30 am-12:30 pm

Geri-Fit – Older Adult Strength Training

This older adult fitness course helps prevent osteoporosis, improve strength, balance and arthritic conditions. Each 45-minute class focuses on strength training exercises with no aerobics! All exercises will be performed in seated chairs. Please bring a set of 2 or 3 pound dumbbells, an exercise mat, a stretch band and water.

Instructor: Geri-Fit Instructor

Fee: \$48 – Resident
\$53 – Non-Resident
(4-week session)

Material Fee: \$5 stretch band available if needed

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3916 18 & up Jan 6-Feb 3* Mon & Wed 3:00-3:45 pm
Act#: 3917 18 & up Feb 10-Mar 10 Mon & Wed 3:00-3:45 pm**

*No class 1/20

**No class 2/17

Dog Agility Training

These classes are an introduction and continuation to one of the fastest growing sports around – dog agility. Our Intelligent Agility classes focus on learning the basic obstacles in an agility course, strengthening the bond between you and your dog, getting a little extra oxygen into the bloodstream and having a really good time with your pooch. These courses will not be strenuous, but you may have to make a few funny faces to get your dog's attention. At the end of the course you will be surprised at how much both you and your dog have learned. Dogs must have proof of vaccination and have completed a previous obedience class. Dogs also must be at least 8 months of age to participate.

Instructor: Erin Riley

Fee: \$125 –Resident
\$130 – Non-Resident
(5-week session)

Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3910	Adult	Jan 11-Feb 8	Beg	Sat	12:30-1:30 pm
Act#: 3911	Adult	Jan 11-Feb 8	Int	Sat	11:15 am-12:15 pm
Act#: 3912	Adult	Jan 11-Feb 8	Adv	Sat	10:00-11:00 am
Act#: 3913	Adult	Mar 1-29	Beg	Sat	12:30-1:30 pm
Act#: 3914	Adult	Mar 1-29	Int	Sat	11:15 am-12:15 pm
Act#: 3915	Adult	Mar 1-29	Adv	Sat	10:00-11:00 am

**Dog obedience
classes will not be offered
this winter session. We will
be back in the spring!**



"MJ" Alves

Kung Fu: Self-Defense

Over the course of 16 classes, we will focus on self-defense, fitness and self-knowledge. Kung fu is a self-defense system. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. Lau Kune Do utilizes the centerline theory and maximizes efficiency, directness, economy of motion and speed. Please wear comfortable, loose fitting clothing. Shoes are optional. In order to insure quality instruction and comfort, there is a **15-student limit** for this class.

Instructor: Master Richard Tsim, Sihing Paul Bennett

Fee: \$120 – Resident
\$125 – Non-Resident
(8-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3921 18 & up Jan 6-Feb 26 Mon & Wed 7:00-8:00 pm
Act#: 3922 18 & up Jan 7-Feb 27 Tue & Thu 6:00-7:00 pm

Tai Chi/Qi Gong: Relaxation, Balance and Stress Reduction

Over the course of 16 structured classes, you will learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of tai chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a 15-student limit for this class.

Instructor: Master Richard Tsim

Fee: \$120 – Resident
\$125 – Non-Resident
(8-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St., #207)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3923 18 & up Jan 6-Feb 26 Mon & Wed 6:00-7:00 pm
Act#: 3924 18 & up Jan 7-Feb 27 Tue & Thu 7:00-8:00 pm

Three easy ways to register:
online, mail-in or walk-in!
Turn to pages 31-32 for more info.

Beginning Polynesian Dancing

Aloha!!! This exciting class entails movements of the feet, legs, hips, arms and hands and coordinating them with simple Polynesian music.

Instructor: Grace Shum

Fee: \$10 – Resident
\$15- Non-Resident
(5-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3925 18 & up Dec 5-26 Thu 6:00-7:00 pm
Act#: 3926 18 & up Jan 9-30 Thu 6:00-7:00 pm
Act#: 3927 18 & up Feb 6-27 Thu 6:00-7:00 pm

Body Sculpting

Body Sculpting is a one-hour, all weights strength and training exercise class that shapes and tone the entire body and helps prevent osteoporosis. Please bring one set of 3 to 5 pound dumbbells (each), a stretch band, water bottle and exercise mat. Work at your own pace! For ages 18 and up!

Instructor: Fran Fisher

Fee: \$64 – Resident
\$69 – Non-Resident
(8-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3919 18 & up Dec 2-Jan 27* Mon 8:00-9:00 pm
Act#: 3920 18 & up Feb 3-Mar 31 Mon 8:00-9:00 pm**

***No class 1/20**

****No class 2/17**

Done with this brochure?

Don't throw it away!
Pass it on to your
friends and family
so they can sign up
for our great Winter
programs too!



SPECIAL NEEDS

us too gymnastics, inc.
For kids who need a little extra help

The City of Lake Forest in conjunction with Us Too Gymnastics is excited to be able to offer recreation programs for children with special needs.

Us Too Gymnastics for Kids with Special Needs

Our Gymnastics class is specifically designed for children and teens with special needs (Autism, Down Syndrome, etc.) your child will learn basic gymnastics, while working on social behaviors and talking turns, but most of all they will have fun. The ratio for our class is 3-5 students with 2 instructors. Call to set up a free trial and get your child signed up. Make sure to mention the city to get our special price for Lake Forest residents. This class also includes **free open play** for anyone signed up in our gymnastics program. Open play is every Thursday from 1-2 pm. Enrollment allows for four 45-minute classes, please call to set up individual dates and times.

Instructors: Us Too Center Staff

Fee: \$75 per month – Resident
\$80 per month – Non-Resident

Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)

To Register: Mail In, Walk-In. On-line registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 3871 3-19 yrs On-going Mon-Sat varies

What Is "TOPSoccer"?



TOPSoccer, The Outreach Program for Soccer, is a community-based soccer program for young athletes with physical and mental disabilities.

- ⚽ TOPSoccer provides a safe and fun environment for athletes with special needs to participate in organized sports.
- ⚽ Athletes between ages 4 and 30 compete in the program, which emphasizes development, training, and meaningful participation rather than competition. It's ALL about FUN!
- ⚽ Thousands of young athletes with disabilities become valued and successful members of Cal South.
- ⚽ TOPSoccer is currently being offered by Laguna Niguel Youth Soccer Association.

For more info, please contact:

Rick Trevers: Laguna Niguel Youth Soccer Association
Rick.Trevers@LNYSO.org

Sandy Castillo: scastillo@calsouth.com or visit calsouth.com/topsoccer

Lake Forest Little League Challenger Baseball



Challenger Baseball is a Little League program for boys and girls with special needs. Children **6 to 18 years** of age with any physical and/or developmental disability are welcome.

Register on-line at LFLL.org

PRACTICES: Friday afternoons at Foothill Ranch Park field, beginning in February 2014. The focus is skill-building and team work.

GAMES: Saturday mornings, February to June 2014. Opening Day and Team Photos are February 22, 2014. Closing Day Festivities are in June. The last game is played on the field at Angel Stadium in Anaheim!

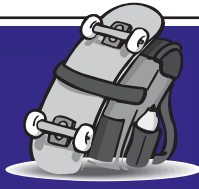
COST: \$50.00 is the Little League fee. It covers a great team uniform, team photo, practice and field expenses. Bats and batting helmets are provided or you can use your own. There may be some incidental expenses (team party!), usually not to exceed \$20 over the season.

GAME FORMAT: We have fun! This is a self-confidence and skill-building team! Everyone goes to bat, will get on base, and will field and throw the ball. There are no outs and we don't keep score. The games are 2 innings and everyone is a winner! We play with safety in mind and have a great time. Healthy snacks are served after each game.

Come join the Lake Forest Little League!

For more information or to sign up call:
Melinda Luttrell (949) 837-3189
Or email us at challengers@lfl.org

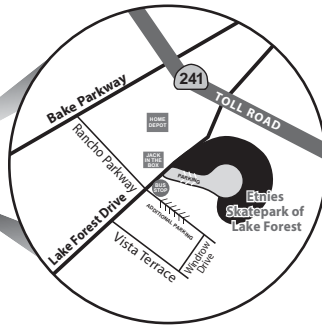
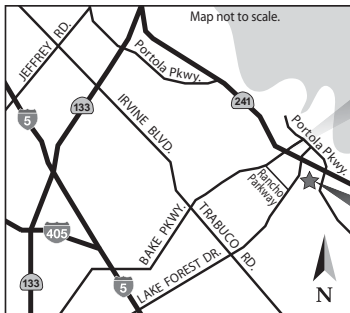
ETNIES SKATEPARK OF LAKE FOREST



**Voted "Best Skatepark 2013" – Best of OCRegister
"#1 Family Friendly Reader's Choice 2013"
Award from ParentingOC Magazine**



**Etnies Skatepark
of Lake Forest**
20028 Lake Forest Drive
Lake Forest, CA 92630



Come visit Lake Forest's own award winning, world class skateboard facility. At over 62,000 square feet, the Skatepark is a destination spot for skateboarders around the world. The Park is open to the public 7 days a week, including most holidays.

Park Entry Fee: Free to ride. Non Residents of Lake Forest must pay a nominal fee of \$5 for the printing of their ID card. Sessions are still free thanks to the City of Lake Forest.

Location: 20028 Lake Forest Dr.
Phone: 916 5870

In the case of inclement weather, please call ahead to see if the Park is open.

Make sure to visit the Skatepark on the web at www.EtniesSkatepark.com. New to the website is a live HD Webcam tour of the park. The website features interactive tours of the park, up to date news, links to the Skatepark Twitter and Facebook, photos and videos of recent events, and a collection of history and information about the Skatepark. It is updated weekly with new content so stop by and check it out.

Winter Skate Sessions
Monday-Thursday 11 am-9 pm
Friday 11 am-10 pm
Saturday 10 am-10 pm
Sunday 10 am-9 pm

WINTER 2013/14 HOLIDAY SCHEDULE

December 24, 2013	10 am-5 pm	Christmas Eve
December 25, 2013	Closed	Christmas Day
December 31, 2013	10 am-5 pm	New Year's Eve
January 1, 2014	12 pm-8 pm	New Year's Day

After School Skate Club

Offered during in-session school days, the afterschool skate club is a great way to improve skills and meet friends. The club is supervised by a Skatepark staff. Club members work on skills, have fun, and learn. Drinks and snacks are provided during the club meet times. Club members also have access to the video game lounge.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Sign up at Skatepark Office

For more info call: The Skatepark at 916-5870

Fee \$20: covers snacks and drink for one month; all three months would be \$60. You can pay this fee at the Skatepark office when signing up for the club.

5-17 yrs Dec, Jan, Feb Tue, Thu 3:30-6:30 pm

Etnies Winter Skate Camp – Mini Camp Schedule

Choose this Winter break to spend it at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. Our staff barbeques lunch for all campers on a daily basis. Specific clinics covered during camp lesson times include, the basics of ollies, how to kick flip, how to grind, bowl riding, and skating transitions. All camp activities will be held by experienced Skatepark staff that has a proven successful track record in improving skateboarding skills. Hone your skills on a variety of the best Skatepark terrain around including the skull bowl, the flow bowl, two large flow courses, Orange County's only cradle, and world class street areas. All campers receive a Createaskate.org board that they will be able to design and ride during the week. Each participant will receive an official Etnies Skatepark of Lake Forest t-shirt with enrollment and a lunch/drink each day. All proceeds go directly to keeping the park free. Participants will need to provide their own skateboard and pads. Skatecamp is designed to cover skateboarding basics as well as many other fun camp activities! We are offering several mini camp schedules due to the holiday schedule.

Fee: \$89 per person

Limited to 10 students per session.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3825	6-15 yrs	Dec 23-24	Mon-Tue	10:00 am-2:00 pm
Act#: 3823	6-15 yrs	Dec 26-27	Thu-Fri	10:00 am-2:00 pm
Act#: 3824	6-15 yrs	Dec 30-31	Mon-Tue	10:00 am-2:00 pm
Act#: 3816	6-15 yrs	Jan 2-3	Thu-Fri	10:00 am-2:00 pm





Etnies Skatepark 10 Year Anniversary Party

Come celebrate a decade of skateboarding at our 10 Year Anniversary Party! We will have music, food, good times, and fun skate contests, including the chance to win a complete skateboard. Check out our website at www.etnies skatepark.com for updated information.

Fee: Free
Time: 7:00-10:00 pm
Date: December 13, 2013
Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)
For more info call: The Skatepark at 916-5870

Skateboarding Lesson and Camp Inclement Weather Policy

If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

Missed Class Policy

Classes cannot be made up if they are missed by the participant.

Beginning Skateboard Lessons

Have you wanted to start skateboarding but don't know where to begin? Ever wanted to experience the rush of a skateboard, but lack the courage and the know how? This is the class for you. Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Great for making friends at the Skatepark who are at the same skill level. Skills practiced during this class are pushing correctly, balance, turning, rolling down banks, learning how to Ollie, and the most important topic, safety in the skateboard park. Full protective gear consisting of a helmet, elbow pads, and knee pads is required as well as a skateboard. A skateboard purchased from a skateboard shop is highly recommended. A quality board turns better, rolls better, and is much safer to use. This is the most economical skateboard class offered in Orange County. The class maximum is 10 participants to 1 Teacher. If you desire more one-on-one time in lessons, we would suggest signing up for private lessons.

Instructor: Skatepark Staff

Fee: \$75 – 4 week session

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3826	6 yrs and up	Dec 3-24	Tue	4:00-5:00 pm
Act#: 3827	6 yrs and up	Jan 7-28	Tue	4:00-5:00 pm
Act#: 3828	6 yrs and up	Feb 4-25	Tue	4:00-5:00 pm
Act#: 3829	6 yrs and up	Dec 7-28	Sat	9:00-10:00 am
Act#: 3830	6 yrs and up	Jan 4-25	Sat	9:00-10:00 am
Act#: 3831	6 yrs and up	Feb 1-22	Sat	9:00-10:00 am

Intermediate Skateboard Lessons

Did you start in the beginning skateboard lessons and have graduated with the basic skills? Now it is time to move up to the intermediate lessons. This class is designed for riders who know some basics but desire to improve. Skills covered in this class are the art of Ollies, ledges, pools, vert, overall park usage and even help with contest skating. This is a fundamental class which can help those wanting to improve and hone their skills. Full protective gear consisting of a helmet, elbow pads, and knee pads is required as well as a skateboard. A rider should be comfortable riding around the entire Skatepark prior to signing up for this class.

Instructor: Skatepark Staff

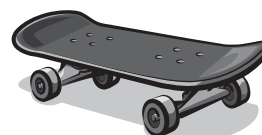
Fee: \$75 – 4 week session

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: the City of Lake Forest at 461-3450

Act#: 3832	6 yrs and up	Dec 3-24	Tue	5:00-6:00 pm
Act#: 3833	6 yrs and up	Jan 7-28	Tue	5:00-6:00 pm
Act#: 3834	6 yrs and up	Feb 4-25	Tue	5:00-6:00 pm
Act#: 3835	6 yrs and up	Dec 7-28	Sat	10:00-11:00 am
Act#: 3836	6 yrs and up	Jan 4-25	Sat	10:00-11:00 am
Act#: 3837	6 yrs and up	Feb 1-22	Sat	10:00-11:00 am



Private Skateboard Lessons



If you are just learning or are an advanced rider wanting to increase skills for competitions, our private lessons can help you achieve your goals. Private lessons offer the most attention to detail for each participant and are offered at an affordable price. Lessons are taught by experienced staff that specializes in teaching lessons catered to each individual. If you sign up for the 4 weeks of private lessons, our instructors will set goals for you to reach and help you obtain them! Whatever you may want to learn, we have some of the best teachers around as well as the best Skatepark around to meet all of your learning needs. These lessons are great for all ages, including adults!

Instructor: Skatepark Staff

Fee: \$40 – per forty-five minute session. Sign up for a month of classes for \$140 per 4-lesson package (a \$160 value). Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest
(20028 Lake Forest Dr)

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450.

DECEMBER

Act#: 3838 Dec-A	6 yrs and up	Dec 5	Thu	3:00 pm
Act#: 3838 Dec-B	6 yrs and up	Dec 5	Thu	4:00 pm
Act#: 3838 Dec-C	6 yrs and up	Dec 5	Thu	5:00 pm
Act#: 3838 Dec-D	6 yrs and up	Dec 5	Thu	6:00 pm
Act#: 3838 Dec-E	6 yrs and up	Dec 12	Thu	3:00 pm
Act#: 3838 Dec-F	6 yrs and up	Dec 12	Thu	4:00 pm
Act#: 3838 Dec-G	6 yrs and up	Dec 12	Thu	5:00 pm
Act#: 3838 Dec-H	6 yrs and up	Dec 12	Thu	6:00 pm
Act#: 3838 Dec-I	6 yrs and up	Dec 19	Thu	3:00 pm
Act#: 3838 Dec-J	6 yrs and up	Dec 19	Thu	4:00 pm
Act#: 3838 Dec-K	6 yrs and up	Dec 19	Thu	5:00 pm
Act#: 3838 Dec-L	6 yrs and up	Dec 19	Thu	6:00 pm
Act#: 3838 Dec-M	6 yrs and up	Dec 26	Thu	3:00 pm
Act#: 3838 Dec-N	6 yrs and up	Dec 26	Thu	4:00 pm
Act#: 3838 Dec-O	6 yrs and up	Dec 26	Thu	5:00 pm
Act#: 3838 Dec-P	6 yrs and up	Dec 26	Thu	6:00 pm

JANUARY

Act#: 3838 Jan-A	6 yrs and up	Jan 2	Thu	3:00 pm
Act#: 3838 Jan-B	6 yrs and up	Jan 2	Thu	4:00 pm
Act#: 3838 Jan-C	6 yrs and up	Jan 2	Thu	5:00 pm
Act#: 3838 Jan-D	6 yrs and up	Jan 2	Thu	6:00 pm
Act#: 3838 Jan-E	6 yrs and up	Jan 9	Thu	3:00 pm
Act#: 3838 Jan-F	6 yrs and up	Jan 9	Thu	4:00 pm
Act#: 3838 Jan-G	6 yrs and up	Jan 9	Thu	5:00 pm
Act#: 3838 Jan-H	6 yrs and up	Jan 9	Thu	6:00 pm
Act#: 3838 Jan-I	6 yrs and up	Jan 16	Thu	3:00 pm
Act#: 3838 Jan-J	6 yrs and up	Jan 16	Thu	4:00 pm
Act#: 3838 Jan-K	6 yrs and up	Jan 16	Thu	5:00 pm
Act#: 3838 Jan-L	6 yrs and up	Jan 16	Thu	6:00 pm
Act#: 3838 Jan-M	6 yrs and up	Jan 23	Thu	3:00 pm
Act#: 3838 Jan-N	6 yrs and up	Jan 23	Thu	4:00 pm
Act#: 3838 Jan-O	6 yrs and up	Jan 23	Thu	5:00 pm
Act#: 3838 Jan-P	6 yrs and up	Jan 23	Thu	6:00 pm
Act#: 3838 Jan-Q	6 yrs and up	Jan 30	Thu	3:00 pm
Act#: 3838 Jan-R	6 yrs and up	Jan 30	Thu	4:00 pm
Act#: 3838 Jan-S	6 yrs and up	Jan 30	Thu	5:00 pm
Act#: 3838 Jan-T	6 yrs and up	Jan 30	Thu	6:00 pm

FEBRUARY

Act#: 3838 Feb-A	6 yrs and up	Feb 6	Thu	3:00 pm
Act#: 3838 Feb-B	6 yrs and up	Feb 6	Thu	4:00 pm
Act#: 3838 Feb-C	6 yrs and up	Feb 6	Thu	5:00 pm
Act#: 3838 Feb-D	6 yrs and up	Feb 6	Thu	6:00 pm
Act#: 3838 Feb-E	6 yrs and up	Feb 13	Thu	3:00 pm
Act#: 3838 Feb-F	6 yrs and up	Feb 13	Thu	4:00 pm
Act#: 3838 Feb-G	6 yrs and up	Feb 13	Thu	5:00 pm
Act#: 3838 Feb-H	6 yrs and up	Feb 13	Thu	6:00 pm
Act#: 3838 Feb-I	6 yrs and up	Feb 20	Thu	3:00 pm
Act#: 3838 Feb-J	6 yrs and up	Feb 20	Thu	4:00 pm
Act#: 3838 Feb-K	6 yrs and up	Feb 20	Thu	5:00 pm
Act#: 3838 Feb-L	6 yrs and up	Feb 20	Thu	6:00 pm
Act#: 3838 Feb-M	6 yrs and up	Feb 27	Thu	3:00 pm
Act#: 3838 Feb-N	6 yrs and up	Feb 27	Thu	4:00 pm
Act#: 3838 Feb-O	6 yrs and up	Feb 27	Thu	5:00 pm
Act#: 3838 Feb-P	6 yrs and up	Feb 27	Thu	6:00 pm



Birthday Parties at the Skatepark



Make your next party an Etnies Skatepark Skate Party! The Skatepark offers two very popular birthday party packages for the best action sports party available in South Orange County for very affordable rates!

Party Package Details

- Both packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block (during the week from 11:00 am-8:00 pm or on weekends from 10:00 am-8:00 pm).
- Reservations are required at least one week in advance with a \$100 security deposit required at the time your reservation is made.
- The Skatepark is open to the public during the birthday party; however, in the case of crowds, an area will be sectioned off to ensure safety and fun.
- The picnic bench area is decorated and reserved for your party goers.

Note: All park policies related to waivers and safety gear are to be followed for party goers and the party host or hostess. Cancellation policy is 72-hour advance notice or loss of deposit will occur.

Inclement weather policy – If the Park is rained out, the party will be rescheduled to the next most convenient time for the Park as well as the participants.

Gold Package – \$350

Our best package includes a Skatepark t-shirt for each participant, birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$20 up to a maximum of 20 participants.

Silver Package – \$250

Our most economic package includes birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$10 up to a maximum of 20 participants.

To reserve your birthday party, please email Ngates@lakeforestca.gov or contact the Skatepark at 916-5870. Please ask to speak with a Senior Recreation Leader on duty to reserve your party. Parties are only confirmed when we receive the required security deposit.

TEEN ACTIVITIES & EXCURSIONS

S.W.A.G. (Students Working and Advising For Government)

Do you want to make a difference in your community? Do you wish there were more things to do in Lake Forest? Then get active in your community and make it happen by joining the S.W.A.G. Let your voice be heard! Help plan teen activities and excursions, be a part of the LfTeens.com webpage design group, volunteer for City events, and be a voice for your community. The committee meets twice a month.

Fee: Free!

Location: The Lounge at the Lake Forest Community Center (25550 Commercentre Dr)

To Register: Please submit a S.W.A.G. application available at the Lake Forest Community Center or via the www.lfteens.com website.

For more info call: 461-3446 or e-mail charris@lakeforestca.gov.

Teens	Dec 11	Wed	6:00-7:00 pm
Teens	Jan 9	Thu	6:00-7:00 pm
Teens	Jan 22	Wed	6:00-7:00 pm
Teens	Feb 6	Thu	6:00-7:00 pm
Teens	Feb 19	Wed	6:00-7:00 pm

Universal Studios Hollywood



What better way to spend a day off from school during the holidays than celebrating at Universal Studios Hollywood! Universal Studios Hollywood is one of the most popular attractions in Southern California. Billed as the World's Largest Movie Studio and Theme Park, Universal Studios Hollywood puts you so close you can hear the cameras rolling. This trip will include: transportation and theme park admission. What are you waiting for, sign up today!

Fee: \$65 per participant

Departure Location: Lake Forest Community Center (25550 Commercentre Dr)

To Register: On-line, Mail-in, Walk-in

For more info call: The City of Lake Forest at 461-3450

Act#: 3959 12-18 yrs Feb 14 Fri 8:30 am-6:00 pm



THE Lounge

Join us for the most fun and exciting afterschool program around... The Teen Lounge! We have an X-Box 360, movies, games, a computer lab, homework help and so much more. What are you waiting for? Sign up today! A FREE shuttle service is available for both Serrano and Los Alisos Intermediate Schools. The Lounge follows the SVUSD calendar, observes all school holidays and adjusts program times to accommodate minimum days. The program runs Monday through Thursday for the entire school year so the fun won't stop until it's summertime. **Pre-registration is required for this program.**

Fee: Free

Location: The Teen Lounge at the Lake Forest Community Center (25550 Commercentre Dr)

To Register: Pick up a registration packet at the Serrano or Los Alisos Middle School offices or at the Lake Forest Community Center.

For more info call: 461-3446 or e-mail charris@lakeforestca.gov.

Teens 2013-2014 School Year Mon-Thu 3:30-6:00 pm (excluding school holidays)

Teen Lounge Nights

Join us at the end of every month and celebrate Teen Lounge Nights! Give your parents a night off and celebrate good times with friends at the TEEN LOUNGE! There will be games, dinner, movie screenings, DJ and even caricature artists and comedians! Cool prizes will also be raffled away! These will be Friday nights you won't want to miss! Pre-registration is required.

Fee: \$5 per person per Friday

Location: Lake Forest Community Center (25550 Commercentre Dr)

Registration Deadline: Wednesdays before the Fridays

To Register: Online, Mail-In, Walk-In

For more info call: 461-3446 or e-mail charris@lakeforestca.gov.

Act#: 3962	Teens 11-14	Dec 20	Fri	5:00-10:00 pm
Act#: 3963	Teens 11-14	Jan 31	Fri	5:00-10:00 pm
Act#: 3964	Teens 11-14	Feb 21	Fri	5:00-10:00 pm

Winter Break Adventure Camp

Take part in this ADVENTURE of fun amusement parks and attractions Southern California has to offer during the winter break! Sign up for this exciting camp where we will be going to places like the Ice Palace, Pump It Up, Movies and more! Our fee includes activities, trips, snacks, supplies and transportation. Don't wait! Sign up for this camp fast before you have to go back to school!

Camp Counselors: City Staff

Fee: \$90 per participant – 3 day camp

Location: Lake Forest Community Center (25550 Commercentre Dr)

To Register: On-line, Mail-in, Walk-in

For more info call: The City of Lake Forest at 461-3450

Act#: 3960 12-14 yrs Dec 23, Dec 26-27 Mon, Th-Fri 8:00 am-6:00 pm

Act#: 3961 12-14 yrs Dec 30, Jan 2-3 Mon, Th-Fri 8:00 am-6:00 pm

COMMUNITY SERVICES

Police Services Offers Free Shredding

Lake Forest Police Services provides FREE shredding of confidential and important documents year round in an effort to prevent crime. Bring your documents to Police Services and discard them in the locked receptacles located at the Police Services counter. A representative from Police Services will be on the premises while the documents are being shredded.

Fee: Free

Location: Lake Forest City Hall (25550 Commercentre Dr)

For more info call: The City of Lake Forest Police Services at 461-3530

On-going

Mon-Thu

8:00 am-4:00 pm

Join the Neighborhood Watch Program

Participating in the Neighborhood Watch program is an effective way to reduce crime. The program requires neighbors to look out for each other by calling the police when suspicious activity is observed. This collective effort encourages residents to build a partnership with law enforcement. Participants learn about crime prevention and participate in meetings to discuss ways to improve quality of life issues. Any Lake Forest resident can start a Neighborhood Watch group by calling 461-3545.

Benefits of Participation:

- Crime Reduction
- Get To Know Your Neighbors
- Community Pride



SENIOR PROGRAMS

Senior Scene - Clubhouse for Seniors

Come visit us at the Clubhouse... A place where you meet new friends and create lasting memories! You'll be able to enjoy a variety of activities including card playing, tile board games, monthly game tournaments, seminars, exercise classes, craft classes and movies. This is a great place to meet new friends! No need to make a reservation for this great drop-in program.

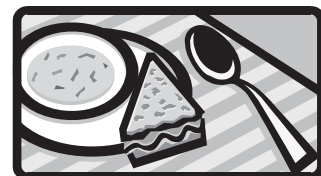
Fee: Free!

Location: Lake Forest Community Center
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450 or contact Brenda Silvey via e-mail at bsilvey@lakeforestca.gov.

Please Note: The Senior Scene Clubhouse will be closed on Wednesday, December 25, Thursday, December 26, Wednesday, January 1, 2014, Monday, January 20 & Monday, February 17.

Senior Box Lunch Program



The Senior Box Lunch Program is offered on Mondays, Tuesdays and Wednesdays at 11:30 am. Lunch includes a sandwich or sandwich, fruit or veggie salad, a drink and a dessert. Age Well Senior Services, Inc. provides these healthy lunch boxes...so be sure and tell your neighbors and friends! Registration is required for the program. **If you would like to take your box lunch home, you must bring an insulated cooler.**

Fee: \$4.00 suggested donation is requested per participant

Location: Lake Forest Community Center
(25550 Commercentre Dr)

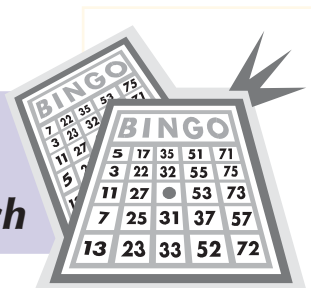
For more info or to register call: The City of Lake Forest at 461-3445

Seniors	On-going	Mon-Wed	11:30 am
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B-I-N-G-O & FREE Hot Lunch provided by the City of Lake Forest every Thursday!

Seniors	On-going	Mon-Thu	10:00 am-2:00 pm
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THURSDAYS
10:30 am: Bingo
12:00 pm: Hot Lunch



Senior Calendar

Don't miss out on the **Senior Scene Clubhouse Calendar**. The Calendar is a great way to view all of the activities offered each month. If you are a Lake Forest resident interested in receiving the quarterly calendar or no longer want the calendar, please call 461-3450 and leave your name, address and phone number (spell your last name and street address, slowly please).



SENIOR TRANSPORTATION, AN EASIER WAY TO GO!



The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.

To make a reservation for transportation services, please contact Age Well Senior Services, Inc. at 855-9766. It is "mandatory" that all reservations and cancellations be made at least 24 hours in advance. Cost is fifty cents per trip. For more information please call 461-3450.

Drop-In Computer Lab Hours



Feel free to stop by the Training Room to check your e-mail, practice surfing the net and practice your computer skills to improve your proficiency. **Throughout the year, the Training Room is used for in-house staff training so availability may be limited at certain times.**

Please note: There is no instructor on-site. From December 9 through December 12, the Drop-In Computer Lab will be closed for training.

Fee: Free!

Location: Lake Forest Community Center, Computer Lab
(25550 Commercentre Dr)

For more info call: The City of Lake Forest at 461-3450

Seniors On-going Mon-Thu 10:00 am - 2:00 pm

Non-Emergency Medical Transportation

Age Well Senior Services, Inc. offers Lake Forest seniors (at least 60 years of age) non-emergency medical transportation to their medical facilities for \$2 one-way, within a designated service area. The program also serves Kaiser Anaheim (Lakeview), UCI Medical Center in Orange, St. Joseph's Hospital of Orange and the Long Beach Veterans Hospital. Rides are available Monday through Friday from 7:00 am to 6:00 pm. Participants must be ineligible for the OCTA ACCESS service. Individuals who are currently utilizing OCTA ACCESS and are in a frail medical condition which creates a hardship, may be granted a waiver and be allowed to use the SNEMT Program.

Riders must register with Age Well Senior Services, Inc. before using the service. For detailed information, call 949-855-9766.

Same-Day Taxi Program



OCTA offers a non-ADA Same-Day Taxi Program to ACCESS certified customers. OCTA subsidizes up to five miles for a same-day taxi trip. You pay the ACCESS base fare of \$3.60 for a five-mile ride; any additional costs above the five-mile trip are paid by the ACCESS customer in addition to the base fare of \$3.60.

For example...for a four-mile ride, you would pay only the ACCESS base fare of \$3.60. For a ride eight-miles long, you would pay the ACCESS base fare of \$3.60 plus the cost of the three miles beyond what is subsidized. **Customers will be quoted a price by the taxi company for miles over the five subsidized at the time of booking.**

This service is perfect for quick trips to locations like the pharmacy. The Same-Day Taxi Program can be used, just like ACCESS, for any type trip.

How to use?

- You must have current ACCESS eligibility to use this service. If you do not have eligibility, call 1-877-628-2232.
- You can book this service the same day you want a ride.
- You can book your return ride at the same time you book your first trip for round-trip travel. If you need only a one-way trip, that's OK.
- The fare will be quoted when you reserve a same-day taxi service trip.
- When you reserve your same-day taxi, the taxi will give you a "specific" pick-up time.
- All rides must be within Orange County.
- Coupons are not accepted – cash, debit or credit cards only.
- This is not a shared ride but you may bring a personal care attendant or a service animal.
- This service takes place in a non-ADA taxi.
- If you use a mobility device, be sure to let the ACCESS reservations operator know as not all vehicles in the fleet are accessible.
- This service is available 7:00 am to 5:00 pm, Monday through Friday, and from 8:00 am to 5:00 pm on Saturdays, Sundays and holidays.

To book a ride!

- Call (949) 857-7188 or (714) 560-5888 or for TDD call (800) 564-4232.

Transportation News!

Senior Mobility Program is Expanding!



In 2014, the City of Lake Forest is expanding its transportation program to Lake Forest senior residents 60 years of age or older. We will provide transportation to doctor appointments and to pick up prescriptions.

More information to follow!

Free Vaccination Clinics NO APPOINTMENT NEEDED

Orange County Health Department
Free Vaccination Clinic

• Wednesday, November 6, 10:00 am-2:00 pm

Walgreens Free Vaccination Clinic

• Thursday, December 5, 10:00 am-1:00 pm

• Note: HMOs require immunization through their plans.

• Non-Medicare recipient flu vaccination fee: \$31.99

• Pneumonia vaccination fee: \$89.00

Lake Forest Community Center
25550 Commercentre Drive
For more info call: 461-3408

Please wear a short-sleeved top



Crafty Crafters

The Senior Scene Clubhouse offers Crafty Crafters once a month on Tuesdays. Past crafts have included tote bags, gift/holiday cards, decorative soaps, birdhouses, floral pots and much, much more. Come and find out what you'll be creating next! The only thing you need to bring is your imagination! Please call 461-3408 the first Monday of the month (i.e., for December craft call December 2, January craft call January 2, etc) and reserve your space for this very popular program. Look in the Senior Scene Clubhouse Calendar for dates and times!

Fee: Free!

Location: Lake Forest Community Center, Activities Room
(25550 Commercentre Dr)

Young At Heart ~ Lake Forest Seniors Reading Circle



The Young At Heart~Lake Forest Seniors Reading Circle meets once a month to discuss the choices listed below... it's a time to share your point-of-view as well as listen to others' interpretations. The City provides snacks for you to enjoy during the book discussion. No need to sign up! Afterwards, drop by the Senior Clubhouse and enjoy a free hot lunch and Bingo.

Book Discussion Location: Lake Forest Community Center,
El Toro Room
(25550 Commercentre Dr).

For more info call: The City of Lake Forest at 461-3450

Please note: Book Discussion will not be held in December due to White Elephant Luncheon.

Jan 16 Thu 10:00 am

My Berlin Kitchen
by Luisa Weiss

Feb 20 Thu 10:00 am

Palisades Park
by Alan Brennert

Mar 13 Thu 10:00 am

Winter Solstice
by Rosamunde Pilcher

Senior Golf Days at Lake Forest Golf and Practice Center

If you like being outdoors and meeting new friends, Senior Golf Days is a program just for you! This program is put on by Outdoor Explorations. It includes six outings of nine holes of golf, warm-up balls, snacks, and a weekly putting contest.

Fee: Lake Forest Senior residents - \$63; Non-residents - \$78

Location: Lake Forest Golf and Practice Center
(23308 Cherry Ave)

For more info or to register call: Angela Kelly at 632-0300

TEE TIMES			
Session 66	Seniors	Jan 2-Feb 6	Tue or Thu only 7:45-8:15 am
Session 67	Seniors	Feb 20-Mar 27	Tue or Thu only 7:45-8:15 am

Senior Bowling League at Forest Lanes

Bring your friends and form your own team, or sign up individually. It's Jackpot Friday for all Senior Bowlers! Join and participate in this fun-filled afternoon and win the Jackpot! All skill levels are welcome. Fee includes games and Jackpot...if you win!

Fee: \$8.50 per resident senior (plus \$3.00 shoe rental)
\$10.50 per non-resident senior (plus \$3.00 shoe rental)

Location: Forest Lanes (22771 Centre Dr)

To Register Call: Forest Lanes at 770-0055

Seniors	On-Going	Fri	1:00-3:30 pm
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AARP Tax-Aide-Get Free Tax Help!!!

The City of Lake Forest and AARP are excited to offer this free tax preparation program to middle and low-income taxpayers. AARP Tax-Aide is a charitable non-profit organization that has assisted over 34 million taxpayers in filing their tax returns. Call and make your tax appointment today! It's as easy as 1-2-3! Please note that those taxpayers with complex tax returns will be advised to seek professional tax assistance (i.e., Partnerships, Rentals, and Estates).

Fee: Free

Location: Lake Forest Community Center,
25550 Commercentre Drive, Lake Forest
(corner of Bake Parkway and Commercentre Drive) in the Community Center's Activities Room.

For an appointment call beginning Monday, January 27:
The City of Lake Forest at 461-3408
Mondays, 10:00 am-1:00 pm

- Feb 10, Feb 24 (closed Feb 17 for Presidents' Day)
- March 3-March 31
- April 7

What should you bring to your tax appointment?

- Current year's tax forms and preparation booklet
- Copy of 2013 income tax returns
- W-2 forms from each employer
- Unemployment compensation statements
- SSA-1099 form if you were paid Social Security benefits
- All 1099 forms (1099-INT, 1099-DIV, 1099-MISC, 1099R-Pension or annuity)
- All forms indicating federal income tax paid
- All receipts or cancelled checks if itemizing deductions

Soundsation & Choralistics at the Senior Scene Clubhouse

Our very own El Toro High School has two outstanding vocal performance teams, Soundsation and Choralistics. There are over 60 girls and boys in these two singing and dancing groups who have consistently won top honors in the competition and have brought back several gold level awards.

Fee: Free

For more info call: The City of Lake Forest at 461-3450

Seniors	Dec 5	Thu	1:00 pm
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Holiday Caroling Concerts

Southern California's premiere caroling ensemble, *The Charles Dickens Carolers* will be spreading holiday cheer at several locations throughout Lake Forest. Their international repertoire of novelty holiday arrangements is sure to get you in the holiday spirit.

Fee: Free

For more info call: The City of Lake Forest at 461-3450

All Ages Dec 19 Thu Times & Locations Listed Below

Location: Forest Gardens Mobile Home Community
(24001 Muirlands Blvd) – 10:00 am

Freedom Village – Main Lobby
(23442 El Toro Rd) – 11:00 am

Lake Forest Community Center
(25550 Commercentre) – 1:00 pm

Lake Forest Nursing Center –
(25652 Old Trabuco Road) - 2:15 pm

Prothero Mobile Estates
(24701 Raymond Way) – 3:00 pm

White Elephant Exchange & Holiday Luncheon

You ask "What is a White Elephant Exchange?" First and foremost...no four-legged white elephants will be attending the luncheon...however, we want you to bring something that you may love to get rid of or shall we say "exchange." What makes this so fun is that you do not have to go shopping! Just go through your garage, closet or drawers and bring that "special" something to the luncheon all wrapped up in a brown paper bag. How much easier can it get? Be ready to play a great game with these one-of-a-kind gifts. We'll provide a scrumptious lunch for all to enjoy!

DUE TO LIMITED SEATING...RESERVATIONS ARE A MUST! Lake Forest residents can register for the White Elephant Luncheon beginning Tuesday, November 12 at 8 am, by calling 461-3450 or coming to the second floor reception desk during normal business hours. **VOICEMAIL RESERVATIONS WILL NOT BE ACCEPTED.** (Non-residents can register beginning Tuesday, November 19.) Each registrant will be limited to reserving two seats ONLY.

Fee: Free

Location: Senior Scene Clubhouse (25550 Commercentre Dr)

Act#: 3849 Seniors Dec 19 Thu 11:00 am-2:00 pm

Please notify staff if you are unable to attend or if you are arriving late. The festivities and fun begin at 11:00 am! At 10:45 am, seating will be available to those on the waitlist.

HICAP

Health Insurance Counseling and Advocacy Program

Nobody likes dealing with health insurance. When we're ill, the last thing we want to worry about is what's covered. Health costs can be staggering, and just about everyone worries about what the future will hold as our health declines.

What is Medicare? What does it cover? Am I eligible? How do I sign-up? Who could possibly help me figure all this out without trying to sell me something I don't need?

HICAP CAN HELP YOU! HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you find your way through the maze of health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get *unbiased* information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

1. Your rights as a health care consumer
2. Medicare benefits, including how to appeal Medicare and HMO denials
3. Medicare and health insurance jargon
4. Private Medicare supplemental health insurance policy benefits and exclusions
5. HMOs and how they work including emergency assistance with denials
6. Long-term care insurance

**TO MAKE AN APPOINTMENT, PLEASE
CALL 461-3408 AND LEAVE YOUR
NAME AND PHONE NUMBER.**

Appointments are available from 10:00 am-2:00 pm on the **second Tuesday** of the month: December 10, January 14, 2014, and February 11.

Medicare's Part C & D Enrollment

Each year, you have a chance to make changes to your Medicare Advantage or Medicare prescription drug coverage for the following year. The enrollment starts on Tuesday, October 15 and ends Saturday, December 7, 2013.

For additional information, visit the official Medicare website at www.medicare.gov or call 1-800-633-4228 or call 461-3408 and make an appointment with a HICAP counselor.

MEDICARE

What is Part A?

Hospital insurance that helps inpatient care.

What is Part B?

Helps cover medically-necessary services.

What is Part C?

A Medicare Advantage Plan choice you may have as part of Medicare.

What is Part D?

Medicare prescription drug coverage.

AARP Driver Safety Course

Would you like to be more confident behind the wheel? Would you like to feel secure in your knowledge of the ever changing rules, regulations and signs of the road? Then we have a class for you! This instructional class for the mature driver (50+) is sponsored by AARP. You will learn better driving techniques and ways to spot and correct bad driving habits. You will save on auto insurance and help to maintain mobility and independence after completing this great course. **In order to receive the certificate, you must attend both classes. Space is limited so pre-registration and pre-payment are required.**

Fee: \$12 (AARP members; \$14 non members) –
2 Class session (**check made payable to AARP**)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Mail-In, Walk-In. No Online Registration is available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 3856 Mar 7 & 8 Fri/Sat 8:30 am-12:30 pm

Mardi Gras "Let the Good Times Roll" Party

New

Laissez les bons temps rouler ...translation "Let the Good Times Roll!" You'll think you're on Bourbon Street in the French quarter as we transform the Clubhouse for the Mardi Gras celebration. Hmm...what should you wear? Anything and everything! Crazier the better! That's what is so fun about Mardi Gras... people dress up in all types of "interesting" attire. You'll enjoy a savory and scrumptious dinner that will get you ready for some "Big Easy" dancing!



Fee: \$10 per person

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3851 Seniors Feb 28 Fri 4:00-7:00 pm

Cell Phones For Life

The Senior Scene Clubhouse has FREE emergency cell phones for elderly and disabled individuals. Cell Phones For Life is a non-profit organization whose mission along with the City of Lake Forest is to help individuals experience peace of mind knowing that assistance is only a phone call away. **The cell phones can only be used to call 911.**

You can pick up a cell phone and a battery Monday through Thursday from 10:00 am-2:00 pm at Lake Forest City Hall (25550 Commercentre Dr., Second Floor). If you have any questions, please call 461-3408 and leave your name and phone number and a staff member will return your call.

If you would like to donate an old cell phone and battery/charger, please drop them off at the Senior Scene Clubhouse Monday through Thursday from 10:00 am to 2:00 pm.



Call For Nominations!

The City of Lake Forest is planning its Ninth Annual Excellence for Seniors Award Luncheon. The Excellence for Seniors Awards will honor those who have made an outstanding difference in the lives of our senior community and the City's programming efforts. The City of Lake Forest is accepting nominations for the individual who has made the largest impact on the City of Lake Forest's senior programs and/or facilities during 2013, upholding our mission statement, **Recognizing outstanding contributions made on behalf of Lake Forest Seniors!** The Sax Award will honor the selected individual and will be given annually as we seek to recognize these outstanding efforts. **Eligibility is limited to Lake Forest residents only.**



Shirley Maldonado,
2012 Jim Sax Award
Recipient

To make a nomination, you will need to fill out a nomination application of your nominee's accomplishments (i.e. donation of time or needed items, hands-on involvement, etc.) with **an emphasis on special efforts or achievements** of the individual you believe deserves to be recognized with the prestigious Sax Award.

Applications and statements are due by Thursday, February 27, 2014, by 5:00 PM. Please note, a nominee *is not* selected based on total number of votes. A recipient who has won cannot win in consecutive years but can be nominated and considered after three years of receiving the first Jim Sax Award. A panel of judges (Mayor, Mayor Pro-Tem, Planning Commissioners Chair and Co-Chair, and Parks & Recreation Commissioners Chair and Co-Chair) will review all nominations.

Please call 461-3450 to request an application or additional information or download an application from the City's website at www.lakeforestca.gov/seniors/

Current Elected City Officials, Appointed City Officials and City Staff are not eligible for participation.

EXCURSIONS

The City of Lake Forest offers great excursions for Adults, Seniors and Families! Senior excursions are open to individuals ages 50 and over, while excursions for Adults are for individuals 18 and over. Family Excursions are open to all ages. Pre-registration is required for all excursions and all trips include transportation on a luxury bus, snacks, and admission. A meal may be included if specified in the description. Upon confirmation of your registration, departure details will be mailed to you. ***Tickets that are purchased for City of Lake Forest Excursions are non-transferable.***

2014 Rose Parade: "Dreams Come True" - Pasadena



The 125th Rose Parade presented by Honda is themed "Dreams Come True." The theme is a reminder that not only is it possible to attain the seemingly unattainable through extraordinary focus, effort, and belief in the probability of success, but that it has been done. Throughout all of human history, we have achieved "the impossible" by believing in the power of our dreams. The 2014 Rose Parade will be a tribute to a world of dreams that have come true as a result of imagination, passion, creativity, and hard work. They are celebrated in the small triumph of a child who wins her first spelling bee, or a team of scientists who can take us to the moon. Whatever the dream, large or small, intimate or shared, dreams fuel the stories of our lives. We have great grandstand seats at 1350 E. Colorado Blvd. reserved just for you. Excursion price includes lunch and snacks.

Fee: \$99 per person

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3938 Families Jan 1 Wed 6:00 am-2:00 pm

Mission Inn Hotel & Museum Tour Festival of Lights - Riverside

Kick off your holiday season with a 75-minute docent-led tour of the Mission Inn Hotel and Museum featuring Frank Augustus Miller's collection of his world travels. You will be stunned by the soaring architecture and hidden nooks that make the Mission Inn Hotel a historical national landmark. A highlight of the tour includes the lobby, the music room featuring William Sharp stained glass windows, the Ramona Court, the Spanish Art Gallery, and at the conclusion of the tour, a walk down the amazing spiral staircase of the International Rotunda (elevators are also available). You will have an opportunity before the tour to shop and have lunch on your own.

After the tour, at dusk, the Annual Festival of Lights festivities begin with more than three million twinkling lights illuminating the inn and streets. Horse-drawn carriages and carolers stroll along one-of-a-kind shops.

Fee: \$45 per person

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3853 Adults/Seniors Dec 8 Sun 12:00-9:00 pm



Palm Springs Follies/The Last Hurrah! The Farewell Season – Palm Springs

The Fabulous Palm Springs Follies has announced the upcoming 2013-14 season will be its last, dropping the curtain on one of the longest running "Follies" shows in the country after 23 years! The final season, called "The Last Hurrah," will feature guest star Maureen McGovern known for her first hit "The Morning After" from the film The Poseidon Adventure. Follies impresario Riff Markowitz promises the final season to be the best-ever, spotlighting your favorite dance numbers along with dazzling high-tech juggler extraordinaire Rejean St. Jules. Before the fabulous performance begins, you will have an opportunity to shop and dine on your own!

Fee: \$80 per person

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3855 Adults/Seniors Feb 7 Fri 8:45 am-7:30 pm

Pala Casino Spa Resort – Pala, San Diego

Every brand of player will find their favorite game with over 2,000 state-of-the-art slot and video machines, 87 table games (Blackjack, Mini-Baccarat, Pai Gow Poker, Ultimate Texas Hold'em, Craps and Roulette), 10 great restaurants, and two lounges with live entertainment daily. Once you arrive all participants will receive a \$5.00 play subsidy and 30% off the buffet.

Note: Mandatory all participants bring a current valid identification (driver's license, state issue ID, or passport).

Fee: \$10 per person

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3854 Adults/Seniors Jan 14 Tue 10:00 am-6:00 pm

Winter Registration Dates:

Tuesday, November 12 (Lake Forest Residents)*

Tuesday, November 19 (Non-Residents)

***Please note: We are closed on Friday, November 8 and Monday, November 11**

Need to Know Numbers!



Periodically, we receive requests for phone numbers and felt that these numbers would be useful. Cut them out and keep them handy for future use!

AARP.....888-687-2277
 ACCESS (Reservations/Information) . .877-628-2232
 ACCESS (Eligibility)714-560-5956
 Age Well Senior Services, Inc. 855-8033
 (formerly South County Senior Services)
 City of Lake Forest City Hall 461-3400
 Council on Aging714-479-0107
 Disabled Housing Information.800-510-2020
 Elder/Disabled Adult Abuse.....800-451-5155
 HiCap Services800-434-0222
 Human Services Information.....2-1-1
 Irvine Valley College/Emeritus 451-5555
 Meals on Wheels.380-0155 ext.12
 Medicare Fraud Hotline.800-447-8477
 OCTA (Transportation).....800-636-7433
 Office on Aging.800-510-2020
 Orange Caregiver Resource Center. .800-543-8312

SENIOR EMERITUS CLASSES through Irvine Valley College

EMERITUS CLASSES are offered for active seniors. The City of Lake Forest partners with Irvine Valley College's Emeritus Program to offer courses especially designed to meet the educational and recreational interests of seniors. Pre-registration is recommended for all classes.

Registration For Senior Emeritus Classes Only

To register for the Emeritus Classes the following options are available.

On-Line Registration log onto www.123getsmart.com

- Click on the button "**Register for Emeritus Classes**"
- Click on the link in the left column "**Emeritus**"
- Select "**Class Category**" (i.e., Fitness) in the blue column on the left. (Class sections are on the right in alphabetical order... click on the class you want.)
- Click on the "**Class Course Number**" for the section you want
- Click the "**Add**" button
 - **RETURNING STUDENTS ONLY:** Enter your "**Account number and Pin Number**"
 - **NEW STUDENTS ONLY:** Proceed to click on "**Create New Account.**" (your previous IVC Student Number and Pin Number do not work on this system)
 - Fill in all your personal contact information. (At this time you may also add other members of your family/ household on this same account by clicking on the button "**Add new family member**" after you have completed the information for the primary contact.
 - The class will now be added. You can select under the "**Client**" column whom you would like registered in the course.
 - Choose the button to continue "**Shopping for more classes**" or "**Go to checkout**"
- Complete your credit card information and click on "**Complete Transaction**"
- IVC will send you a copy of your receipt w/your log-in ID and Pin Number for future classes

If you have difficulty registering online, please call 949-451-5555 for assistance.

Phone Registration

- Call 949-451-5555 Monday through Friday 9:00 am-5:00 pm

Mail form and payments to:

- IVC Emeritus Institute, 5500 Irvine Center Dr., Irvine, CA 92618

Fax form to IVC: 949-451-5270

Fitness

It's Never Too Late Fitness

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, stretching and flexibility movements suited to the needs of the individual.

Fee: \$29.00

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 7301 Seniors Feb 6-May 1 Thu 10:00-11:30 am
(no class 3/27)

Dyna Bands Workout and Arthritis Exercise

Increase your strength and mobility using Dyna-Bands. Dyna-Bands or resistance bands, (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

Fee: \$25.00

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 7284 Seniors Feb 4-Apr 29 Tue 12:30-2:00 pm
(no class 3/25)

Pilates

A non-impact exercise program for dancers and non-dancers, based on the principles of Joseph Pilates. Strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

Fee: \$29.00

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 7336 Seniors Feb 4-Apr 29 Tue 10:00-11:30 am
(no class 3/25)

PLEASE NOTE: You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.

Aquatic Fitness Training

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

Fee: \$20.00

Location: Lake Forest I Beach & Tennis Club (22921 Ridge Route)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 7245	Seniors	Jan 28-Mar 18	Tue	2:00-3:30 pm
Tic#: 7242	Seniors	Jan 30-Mar 20	Thu	2:00-3:30 pm
Tic#: 7248	Seniors	Apr 1-May 20	Tue	2:00-3:30 pm
Tic#: 7249	Seniors	Apr 3-May 22	Thu	2:00-3:30 pm

Physical Fitness: Yoga w/Fleur

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

Fee: \$38.00

Location: Lake Forest Community Center (25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 7359 Seniors Jan 8-Apr 2 Wed 1:00-2:30 pm

Tai Chi Ch'uan

This course presents Tai Chi Ch'uan, an ancient Chinese exercise. The course includes instruction in movements from the 108 forms done in three sections; discussion of the yin-yang principle of opposing actions as it relates to these exercises; technique and sequence of forms; and discussions of the history and philosophy of Tai Chi Ch'uan.

Fee: \$25.00

Location: Lake Forest Community Center (25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 7342 Seniors Feb 5-Apr 30 Wed 9:00-10:30 am
(no class on 3/26)

Advanced Tai Chi Ch'uan

This class is an advanced tai chi class for students Guang Ping Yang tai chi.

Fee: \$25.00

Location: Lake Forest Community Center (25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555 or 451-5382

Tic#: 7343 Seniors Feb 5-Apr 30 Wed 10:30 am-12:00 pm
(no class on 3/26)



HOW TO REGISTER

Winter 2013-14 Registration Dates

Lake Forest Residents: Tuesday, November 12*

Non-Residents: Tuesday, November 19

3 easy ways to register:

1 ON-LINE REGISTRATION

Call the City of Lake Forest at 461-3450 to get your Family On-Line Account set-up. We recommend calling prior to **Tuesday, November 12.**

Go on-line to <https://online.activecommunities.com/lfreconline> to register or visit the City's website at www.lakeforestca.gov and click on the on-line registration button located under Recreation Services or on the left hand side of the home page.



2 MAIL-IN REGISTRATION

Complete the Program Registration Form and enclose your check payable to the "City of Lake Forest." Please complete a registration form with a separate check for each program.

Mail to: City of Lake Forest, Attn: Program Registration,
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630



3 WALK-IN REGISTRATION

Bring the Program Registration Form, your check, or cash to City Hall, located at 25550 Commercentre Drive (2nd floor), Lake Forest, CA 92630. Credit Cards are not accepted at City Hall for programs.



Refund Policy

1. A full refund will be given for any activity cancelled by the City of Lake Forest.
2. In the case of a City excursion, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.
3. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.
4. Registrations for City of Lake Forest Excursions are non-transferable.
5. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
6. Refunds are not given for any program that may be cancelled by the patron with a fee of \$10 or less per participant (per receipted transaction).

General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.
4. Please submit a separate check for each program with your registration form. In the case that you do submit one check for numerous activities and one of them is full, we cannot process your registration and it will be returned to you.
5. Upon receipt of your paid registration, you will be a confirmed registrant for your desired class or classes. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
6. Returned check policy: If your check is returned to us, you will be charged a \$25.00 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.
7. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.

***Please Note: We are closed
Friday, November 8 and
Monday, November 11**



Questions on Registration? Call 461-3450



City of Lake Forest • Community Services Division

Program Registration Form

If you need more than one registration form, please photocopy.

PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name _____	First Name _____	<input type="checkbox"/> Male <input type="checkbox"/> Female
Birthday _____ (mm/dd/yy)	Email _____	
Street Address _____	City, State, Zip _____	
Home Phone () _____	Cell Phone () _____	
Emergency Contact _____	Emergency Phone () _____	

OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)

Children's birthdates must be filled out completely in order to process registrations.

Last Name	First Name	Birthday	Sex
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment prior to submitting Program Registration Form.

Activity #	Participant Name	Birthday	Sex	Activity Name	Fees
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F		
Please send a separate check for each activity					Total Activity Fees



If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.

REFUND POLICY In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury.

☐ Yes ☐ No

I further agree to pay any and all costs incurred as a result of said treatment.

☐ Yes ☐ No

I permit the use of activity/event photography and/or video of my child or myself for media promotion.

☐ Yes ☐ No

Please contact me via email regarding upcoming city events and news at: _____

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

Date _____

(Signature) Parent or Guardian must sign for those under 18 years of age

Mail this form with your payment to: **City of Lake Forest**
ATTN: Program Registration
25550 Commercentre Drive, Suite 100
Lake Forest, CA 92630

Questions on
Registration?
Call 461-3450

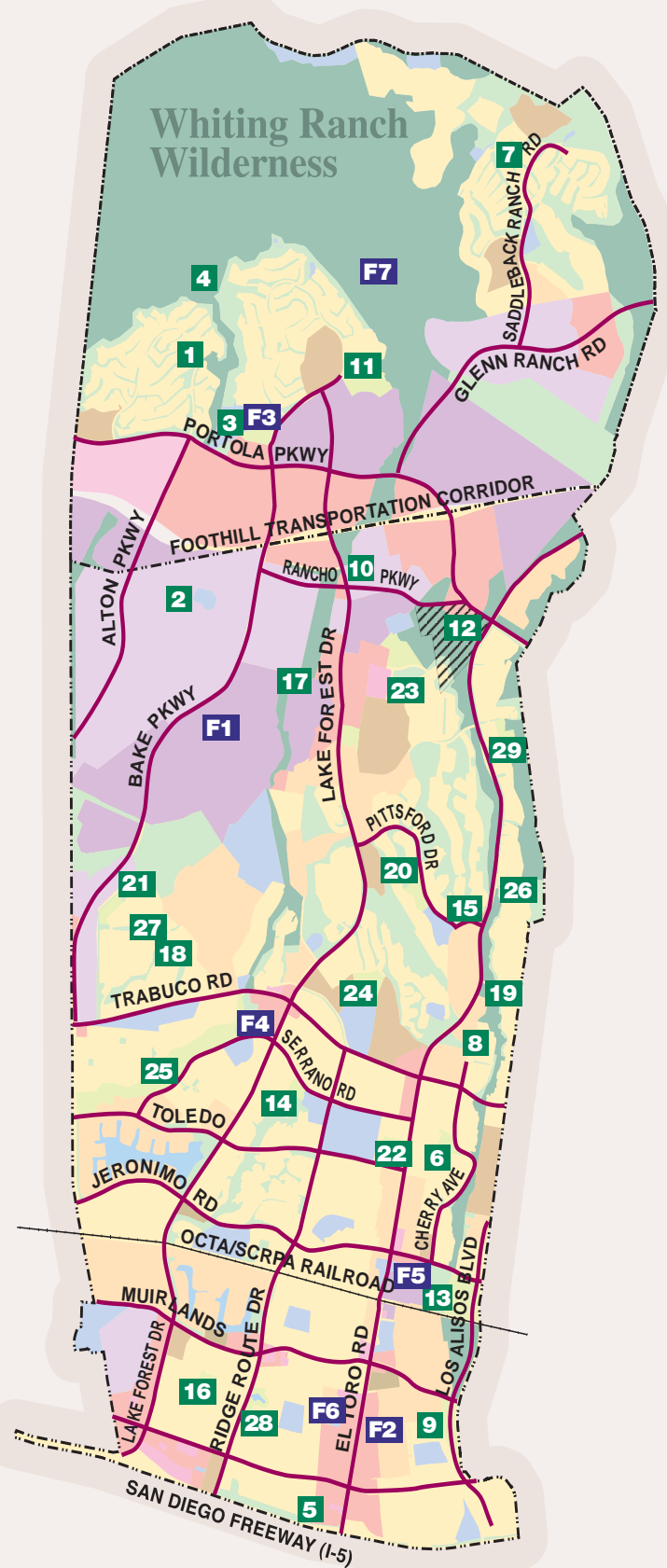


Receipt of this signed form and your payment confirms your registration based upon availability until the activity is full.

Office Use Only	Receipt# _____	Paid by Check# _____	Paid by Cash Amount _____	Initial/ Date _____	Conf _____
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Credit Card Payments are not accepted at City Hall

City Of Lake Forest Park Guide



CITY PARKS

		Acres	Barbecues	Basketball	Playground	Fitness/Walking	Picnic	Restrooms	Soccer	Baseball	Tennis Court
1	Alton Park 18992 Alton Parkway	2.3	4	1 ^{hc}	1		9 1 ^s				
2	Baker Ranch Community Park 										
3	Borrego Park 26982 Cabriole	11	5	1 ^{fc}	1	1	11	1	1		
4	Borrego Overlook Park 21 Viaggio Lane	1.6	3		1		5				
5	Cavanaugh Mini Park 23782 Cavanaugh Road	0.2		1 ^{hc}	1		1				
6	Cherry Park 22651 Cherry Avenue	4.5	3	1 ^{hc}	1		9 1 ^s				
7	Concourse Park 18931 Saddleback Ranch Road 	7	2	1 ^{hc}	2	1	4 2 ^s	1			
8	Darrin Park 22461 Cherry Avenue	3.1	6	1 ^{hc}	1		11 1 ^s				
9	El Toro Park 23701 Los Alisos Boulevard 	10	2		1	1	7 1 ^s	1			2 ^L
10	Etnies Skatepark of Lake Forest 20028 Lake Forest Drive 	5.3					3	1			
11	Foothill Ranch Community Park 19422 Rue De Valore	15.5		1 ^{fc}	2	1	9	1	1	2	2
12	Future Sports Park Location 28000 Rancho Parkway 										
13	Heroes Park 25420 Jeronimo Road	12.4	1			1	2	1	2	4	
14	Lake Forest Park 24000 Serrano Road	2.3			1						
15	Montbury Park 21962 Montbury Drive	3.5	1				2				
16	Mountain View Park 24061 Dylan Street 	5.3	2	1 ^{fc} 1 ^{hc}	2	1	9 1 ^s	1		1	2 ^L
17	Nature Park 26215 Dimension Drive	4.5				1	7 1 ^s				
18	Peachwood Park 21132 Peachwood	2.7			1		5 1 ^s				
19	Pebble Creek Park 26441 Pebble Creek Road	1.9			1		1				
20	Pittsford Park 21701 Pittsford Drive 	10	2		2	1	8 1 ^s	1			2
21	Rancho Serrano Park 20842 Paseo Sombra	5.1	3				7		1		
22	Ranchwood Park 22500 Kilby Street	1.9		1 ^{hc}	1						
23	Regency Park Regency Lane & Osterman Road	5							1		
24	Rimgate Park 29772 Rimgate 	5	1	1 ^{fc}	3		7 1 ^s				1
25	Serrano Creek Park 25101 Serrano Road 	44	3		1	1	13 1 ^s	1			
26	Sundowner Park 22041 Sundowners Lane	0.8	1		1		2				
27	Tamarisk Park 22001 Tamarisk 	11.2		1 ^{fc}	1		11			1	
28	Village Pond Park 23102 Ridge Route Drive	4.7					3				
29	Vintage Park 21000 Vintage Street	4.8	5	1 ^{fc} 1 ^{hc}	1		11				



renovation in progress



under construction



park shelter available for reservation

- **fc** full court
- **hc** half court
- **L** lights
- **s** shelter

OTHER FACILITIES

F1	City Hall	25550 Commercentre #100	461-3400
F1	Community Center	25550 Commercentre	461-3450
F2	El Toro Library	24672 Raymond Way	855-8173
F3	Foothill Ranch Library	27002 Cabriole	855-8072
F4	Heritage Hill Historical Park	25151 Serrano Road	923-2230
F5	Lake Forest Golf	23308 Cherry Avenue	859-1455
F6	El Toro Post Office	24522 Raymond Way	837-1976
F7	Whiting Ranch Regional Park	Trabuco Canyon	923-2245

Happy 10th Anniversary!



Bring this page to the Anniversary Party on Friday, December 13th at 7 pm for a chance to win a complete skateboard!

See page 18 inside for details.



Etnies Skatepark Through The Years...

